

VÉLOVOGUE 2026

A celebratory scene at a cycling event. In the center, a woman with long dark hair, wearing a light blue cycling jersey and white sunglasses, is smiling and holding a dark green champagne bottle. She is spraying the liquid, which is captured mid-air as a fine mist of bubbles. To her right, another woman with long brown hair, wearing a purple cycling jersey and white sunglasses, is also smiling and looking down. In the background, a man in a purple bucket hat and a woman in a white cycling jersey are visible. The overall atmosphere is festive and joyful. The background is slightly blurred, showing other people and greenery.

RBC GRANFONDO
WHISTLER #17

CONTENTS

KEY EVENT UPDATES	4
WELCOME NOTES	6
OFFICIAL MERCH	10
FONDO WEEKEND SCHEDULE	12
VELOSPOKE BIKE EXPO	14
PACKAGE PICKUP	17
BAG CHECK	18
EVENT ID	18
PARKING	22
TRAVEL ADVISORY	22
RIDING ETIQUETTE & SAFETY	23
DONATE CLOTHING	24
COURSE MAPS	26
MEDIO	28
GRAN FONDO	30
FORTE	32
ST. REGIS CUP	38
ON COURSE	44

RESULTS AND TIMING	50
CELEBRATION PLAZA	53
ALTA CLASSE	55
TRANSPORTATION	58
SUNDAY SLOW DOWN	62
PAY IN INSTALLMENTS	64
LOST & FOUND	65
VOLUNTEER	65
NUTRITION	74
PROJECT 30BY30	77
GET SOCIAL	81
ZERO WASTE	84
REMINDERS	85
FAQ'S	86
SPONSORS	87
GOOD LUCK!	88
RE-REGISTRATION REMINDER	89

KEY EVENT UPDATES

**NOTICE: We highly recommend the use of front and rear lights.
Do not bend your bikeplate.**

New Start Times:

- **St. Regis Cup: 6:00 AM**
- **Forte: 6:05 AM**
- **Alta Classe: 6:10 AM**
- **GranFondo: 6:20 AM**
- **Medio: 8:55 AM**

Because roads reopen to traffic strictly on schedule, no late starters are permitted.

Forte Route Update: Forte riders now take a left turn from Hwy 99 onto Callaghan Rd. (See Forte page for full details.)

Updated Cut-off Times: Course cut-offs have changed. Please review the Course Cut-offs page.

Horseshoe Bay Stop: Medical and mechanical services only. No food or hydration provided at this location.



WE WELCOME YOU

“ Welcome to your journey from Sea to Sky.

This year’s theme is sound.

For some, it’s the thunderous cheering in Squamish, or the cacophony of cow bells at the finish line in Whistler.

For me, it’s the quiet, security, and serenity of cycling on a dedicated road one day a year.

It only happens on ‘fondo day’, and I’m so proud that we’ve been providing this experience for 17 years.



Whatever your desire, I hope the sounds of Sea to Sky fill your soul and inspire you to your best day on a bike.”

Sincerely,

**Neil McKinnon,
Chief enthusiast**

WE'VE GOT YOUR BACK



**STEVE DRUMMOND (L)
VICE PRESIDENT**

**STEVE DONNELLY (R)
OPERATIONS MANAGER**



**SAM RIGGS (R)
DIVISIONS MANAGER**

“At Miller Capilano, our core business is building and maintaining the magnificent Sea to Sky Highway. However, our true passion lies in connecting communities and providing a safe, dedicated passage for you to cycle Saturday.

As a proud legacy partner since 2010, we are deeply committed to making your journey both safe and memorable.”



RBC WELCOMES YOU

**“Welcome RBC GranFondo Whistler!
Celebrating 17 years, RBC is proud to continue as
title sponsor and welcome you as you ride from
Sea to Sky.**

**I’m always inspired by the sea of blue - our
employees, clients, and supporters who make this
event what it is. Look for Team RBC at the top of
Taylor Way, at aid stations along the route, and at
Celebration Plaza with fun and games.**

**Beyond the joy of cycling, this event is about the
communities we ride through and the riders who
return year after year to make a difference.**

**Your registration donations will give over \$10,000
to the YWCA’s Gear Up program, equipping young
people with bike mechanic skills, employment,
and life skills.**

With next year's Ride already in planning, we're excited to announce a new charity partner for 2027: Squamish Helping Hands Society (SHHS). For over 20 years, SHHS has worked to end homelessness and hunger across the Sea to Sky corridor, from Lillooet to North Vancouver.

Their mission is simple but powerful: a safe, healthy community for all through innovation and partnership. Join us in Whistler to mark this announcement - look for more when you register.

Thank you to all taking part. Enjoy the ride, and make every kilometre count. I look forward to celebrating with you at the finish line. ”



***MARTIN THIBODEAU,
REGIONAL PRESIDENT
(BC), RBC***

A banner for the 'Official Merchandise Store'. The text is in a large, bold, white, sans-serif font, stacked in three lines: 'OFFICIAL', 'MERCHANDISE', and 'STORE'. The background is a close-up, high-contrast image of blue water with ripples and reflections, creating a dynamic and textured effect.

**OFFICIAL
MERCHANDISE
STORE**

Buy your 2026 merchandise at VeloSpoke Bike Expo on Sept 11.

From full high-performance cycling kit to accessories and off-bike items, everything you need is under one roof - sizes strictly limited as supplies last!



DOOR CRASHER SALE

**2 BOTTLES
\$5CAD**

**BARS &
GELS**

**BACK
PACKS
\$25CAD**

**BAGS
\$10CAD**

**SLING
BAGS
\$10CAD**

LULULEMON POP-UP STORE



FONDO WEEKEND

**New
Start &
Cut-off
Times**

FRIDAY, SEPT 11

11:00am VeloSpoke Bike Expo
11:00am Package Pick-Up
& Bag Check
8:00pm VeloSpoke Closes



Vancouver
Convention
Centre East,
[\(999 Canada
Place, Hall B\)](#)



SATURDAY, SEPT 12 (RACE DAY!)

5:15am Start Corrals Open
6:00am St. Regis Cup Start
6:05am Forte Start
6:10 am Alta Classe Start
6:20am GranFondo Start



[Stanley Park,
Start Line](#)
(Click for
coordinates)

SATURDAY, SEPT 12 (RACE DAY WHISTLER!)

7:00am Medio Bag-Drop
8:55am Medio Start
9:15am First Riders Expected



Lot 4,
Whistler.

9:30am Celebration Plaza Opens
1:00pm Awards Ceremony
3:30pm Finish Line Closes
5:00pm Celebration Plaza Closes



Celebration Plaza.
(Whistler
Olympic Plaza)

4:00pm Last Shuttle departure



Lot 4,
Whistler.

9:00pm Bike Pickup Closes
at Concord Pacific Place



Concord Pacific
88 Pacific Blvd,
Vancouver, BC

SUNDAY, SEPT 13

9:00am Sunday Slow Down
to 4:00pm @Audain Art Museum



Audain Art
Museum

5:00pm Bike PickUp Closes at
Concord Pacific Place



Concord Pacific
88 Pacific Blvd,
Vancouver, BC

VELOSPOKE BIKE EXPO

Spanning 60,000 sq.ft., VeloSpoke brings together top cycling, lifestyle, and experiential brands with riders, enthusiasts, and families.

There's something for everyone here, open to the public.

VeloSpoke Bike Expo
Friday, September 11
11am - 8pm
[\(999 Canada Place, Hall B\)](#)





**Pick up your event package
and explore the latest in gear,
tech, and wellness - all in one
place.**



Friday, Sept 11
11am - 8pm
[\(999 Canada
Place, Hall B\)](#)



VELOSPOKE BIKE EXPO: ENTRY



Veterans/Military

Your Military ID or Veteran Service Card must be shown at package pick-up.

Alta Classe Riders

Please visit the exclusive Alta Classe Package Pickup area to receive your package and gifts.

PACKAGE PICK-UP

STEPS FOR A SEAMLESS PICK-UP

1. Bring 1 govt-issued photo ID with date of birth
2. Receive your rider package at pick-up booth
3. Make sure wristband + bike plate numbers match
4. Do not remove wristband until after the event
5. Fill in emergency contact on back of bike plate
6. Attach bike plate on your bike (do NOT bend)!

Note: Riders must pick up their own package personally

Veterans/Military: Your Military ID or Veteran Service Card must be shown at package pick-up to honour your category selection



Friday, Sept 11
11am - 8pm

(999 Canada
Place, Hall B)

Medio riders can also pick up their packages at the Solutions Desk in Lot 4 (Whistler) on Saturday, Sept 12, from 6:30 - 8:00am

BAG CHECK

ONE BAG DELIVERED TO THE FINISH LINE!

1. Pack your belongings you would like after the race into a 21.5 in. x 9 in. x 15.5 in. (standard airplane carry-on size).
2. Drop it off at the Bag Check booth
3. Use wristband to pick-up your bag.

Note: No bag drop at the start line except for Alta Classe (before 5:15am)

EVENT ID

WRISTBAND & BIKE PLATE

Wristband = ride access, post-ride festival access, food & drink, and bike pick-up. Attach your bike plate on the front of your handlebars using the zipties we provide.

Please do not bend the bike plate (around the head tube) because the timing chip might break and not record your ride!





RBC
GranFondo
WHISTLER



RBC
GranFondo
WHISTLER



GEAR BAGS

SEVENTEENTH

Safetti

ANNIVERSARY

MEET THE MOMENT: THE WHOLE ATHLETE LAB

Stop by this performance and readiness pop-up at the VeloSpoke Expo on Sept 11, created by RBC GranFondo Mental Strength Ambassador Kristen Anderson.

Stop by at booth #61 and:

- **Learn 3 quick resets for start-line nerves and breathwork you can use on the bike.**
- **Leave with a Ride Reset Card to bring on Fondo day.**
- **Ask questions of visiting experts in the fields of performance nutrition, physio and pelvic health, and strength.**

You've trained for this moment for months; Kristen will help you meet it with clarity, confidence and possibility. No registration required.



OFFICIAL MERCH

**PRE-ORDERED
YOUR MERCH?**

**PICK UP YOUR KIT
AT VELOSPOKE
BIKE EXPO**

Ensure you have your
ORDER NUMBER and ID
ready to collect your gear.
It can be found with your
registration receipt or
through our online store.



TAGCYCLING
A Coaching Company

[TAGCYCLING.COM](https://tagcycling.com)

info@tagcycling.com

 [@TaGCycling](https://www.instagram.com/TaGCycling)

Make Next Season Your Best Season!

TaG Cycling has been a Whistler Gran Fondo training partner for over a decade. For next year's race or whatever your next goal is, TaG can help you achieve your best.

Scan the QR Code for a Complimentary Training Consultation with an expert TaG coach and chance to Win a TaG Training Camp in the Okanagan!



Scan For a Chance
to Win a TaG
Training Camp!



PARKING

WHERE TO PARK IN VANCOUVER

Click the yellow box on the right, to find a list of available parking spots in Vancouver.

There is no parking at the start line so we recommend parking close by and riding to the start.



TRAVEL ADVISORY

There will be traffic impacts along the Sea to Sky Highway.

Motorists should leave extra time for their journey and expect delays along Sea to Sky Highway. Speed limits will be reduced to 60km/h between Vancouver and Whistler.

Please visit [Sept12.info](https://sept12.info) to learn more.

RIDING ETIQUETTE

Communicate Clearly

Visibility is limited in groups, so stay alert and call out hazards like “Slowing!” or “Passing on your left!” Use hand signals for obstacles.

Stay to the RIGHT

Riders will be coming from behind throughout the day. Please stay right and leave a passing line.

Don't Overlap Wheels

Keep your front wheel behind the rider ahead. Overlapping can cause crashes.

Drop Back If Tired

If you're fatigued, signal and move to the back of the pack when it's safe to move.

Look Ahead

Don't fixate on the wheel in front. Scan ahead to anticipate changes.

Emergency Vehicles

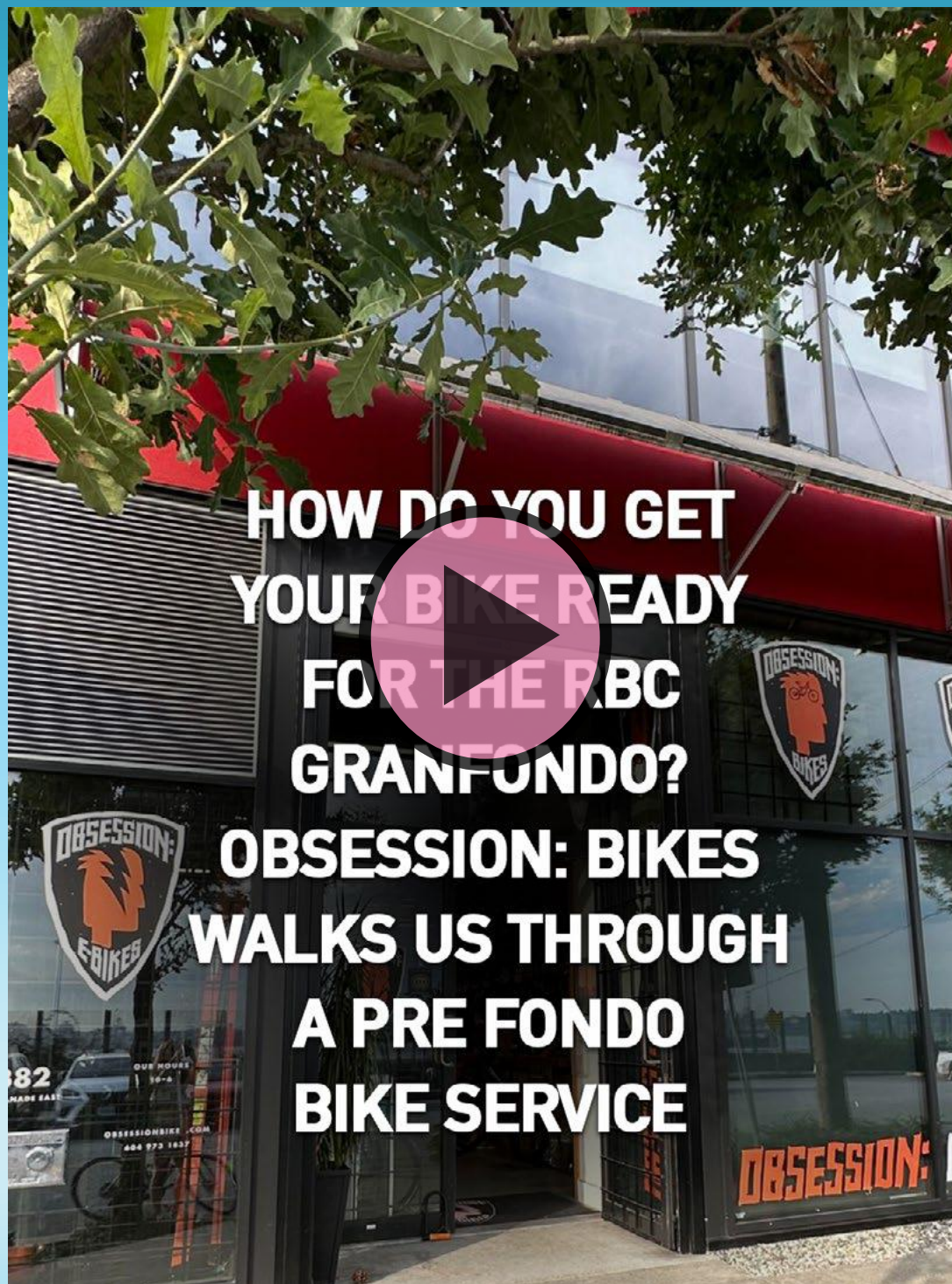
Pull over, stop, and dismount to let emergency vehicles pass.

Passing Safely

Keep right and pass on the left only when safe and you've communicated “On your left!”

Earphones Discouraged

Being able to hear the riders around you is key to safe group riding.



DONATE CLOTHING

To keep warm before you roll, arrive in a sweater or spare layer. When the race starts, leave it at the Start Line and carry on - Big Brothers of Greater Vancouver will collect and donate all unwanted clothing. Stay comfortable and support the community.

Your Ride Starts Here. So Do the Rewards.

As an RBC GranFondo Whistler participant, you are eligible for exclusive offers from Dilawri, including **First Payment On Us*** and a **\$1,000 Trade-In Bonus**** on qualifying vehicles.

Enjoy a VIP purchase experience and access to a wide selection of new and pre-owned vehicles across participating Dilawri dealerships.

Scan to get offers



© Dilawri Group of Companies, 2026. Offers valid until October 15, 2026. *Eligible customers will receive one (1) monthly payment credit when purchasing, leasing, or financing select in-stock, pre-owned, or demo vehicles from participating Dilawri franchised dealerships, up to the maximum amount determined by the participating dealership. Customers remain responsible for all scheduled payments. The payment credit will be provided directly to the customer and not to any leasing or financing company. **The \$1,000 Trade-In Bonus is available only to customers trading in a vehicle registered in the same name as the purchaser and has no cash value. Trade-in vehicles must meet minimum appraisal requirements established by the dealership. Limit of one trade-in vehicle per customer. Terms and conditions apply. Offers cannot be combined with certain other promotions and are subject to change without notice. See participating dealership for complete details.

Applicable Maximum \$500: Acura of Langley, Burrard Acura, North Shore Acura/Honda, Vancouver Honda, White Rock Honda, INFINITI North Vancouver, North Vancouver Nissan, Southside Nissan, Dockstader Subaru, Volvo Cars Richmond
Applicable Maximum \$750: Audi Capilano, Audi Downtown Vancouver, Jaguar Vancouver, Land Rover North Vancouver, Land Rover Vancouver
Applicable Maximum \$999: Mercedes-Benz Boundary, Mercedes-Benz Langley, Mercedes-Benz North Vancouver, Mercedes-Benz Richmond, Mercedes-Benz Vancouver, Porsche Centre Vancouver



ON
PEP

COURSE MAPS



MEDIO



MEDIO PODIUM & TIMING UPDATE

Medio now features its own dedicated podium presentation for the top three male and female riders.

Timed Climb: Results will be timed from the Callaghan turnoff timing mat to the top of the climb (KOM/QOM). Approx 12k distance.

MEDIO

55KM

34Miles

834m/elev
2,730 ft



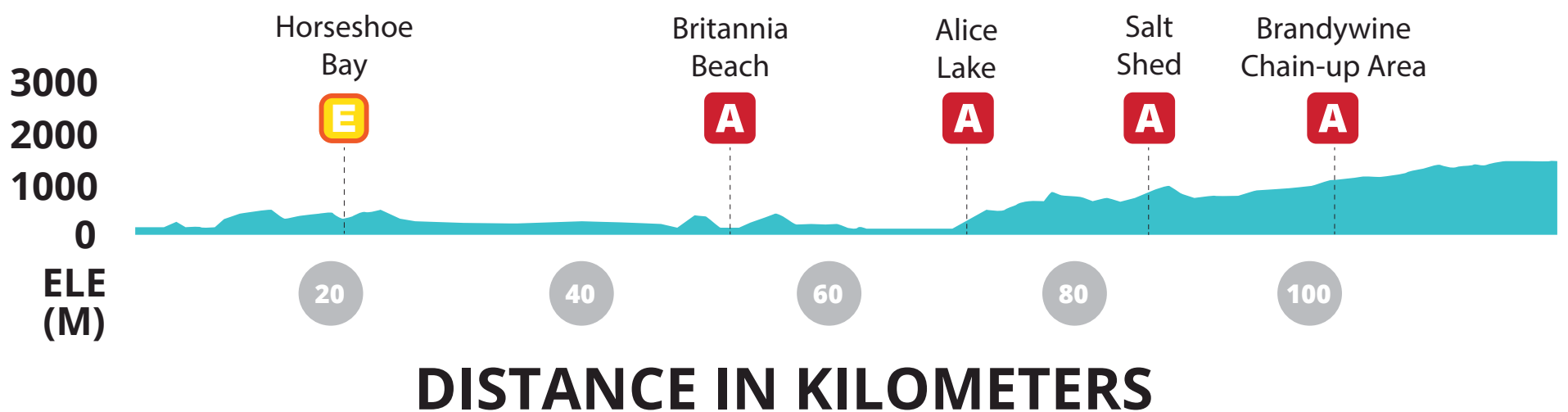
GRAN FONDO



IMPORTANT NOTE!

Horseshoe Bay will be a mechanical and medical support stop only - no food/drink here. But don't worry! Your rider swag bag at the expo will be packed with sponsor-provided electrolytes and nutrition to power you from the start line all the way to the first fuel stop at Britannia Beach (km 51).

Gran Fondo
122KM
75Miles
1,900m/elev
6,200 ft



FORTE



IMPORTANT NOTE!

This is a new route for the Forte. Please review notes on the next page.

Riders **MAY** have to stop at crossings depending on traffic scenarios. Obey the instructions of the professional Traffic Control Personnel (TCPs).

Forte
146KM
90Miles

2,700m/elev
8,900 ft



FORTE SAFETY UPDATE

NEW FORTE CALLAGHAN INFO:

*The Forte now includes a left turn from the main
Sea to Sky Highway.*

The FORTE-ONLY left turn toward Callaghan is
1 km after the “Welcome to Whistler” sign AKA
Brandywine Rest Stop, or about 108 km into the
ride.

You will see Forte left-turn-ahead signs after this
rest stop.



Stay left and follow the direction of our Traffic Control team to safely make the turn. Gran Fondo riders remain riding straight ahead.

For extra confidence:

[Sync the route to your device](#) before the ride!

Here's a [guide on how to do that](#).

CALLAGHAN INTERSECTION: ROUTE SPLIT

Forte Riders:

Turn LEFT onto Callaghan Road.

(Follow the Forte left-turn signage).

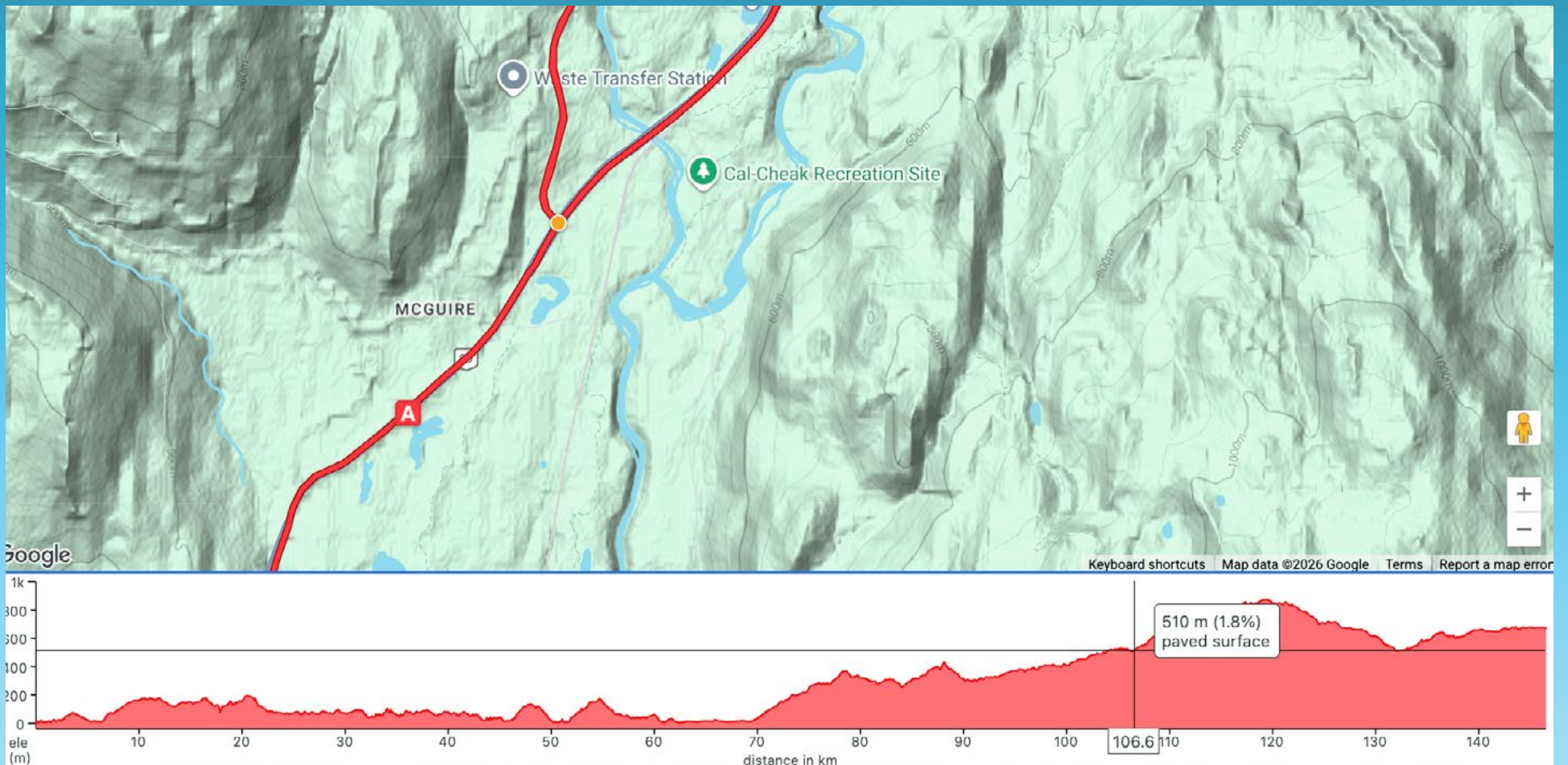


GranFondo Riders:

Continue STRAIGHT

(Follow the GranFondo straight-ahead signage).





IMPORTANT FORTE NOTE!

Forte 12:30pm CUTOFF

If you arrive after 12:30pm at the Callaghan turn, you will not be able to turn and climb Callaghan. Please proceed straight to Whistler.

Slow Forte riders are also subject to course closures, 12:40pm at Salt Shed and 2:15pm at Welcome to Whistler Rest Stop.



ST. REGIS CUP

THE RACE FOR GLORY IS ON

Qualified teams in the Mixed, Men's, and Women's categories will race along the Sea-to-Sky Highway, competing for victory.

The St.Regis Cup, presented by Robert J. Macdonald, showcases high-calibre races in an exciting team format.



THE ST. REGIS HOTEL

***PROUD TO BE A FOUNDING SPONSOR OF
THE RBC GRANFONDO WHISTLER***



The St. Regis Hotel offers heritage elegance and award-winning hospitality with the widest range of complimentary inclusions in downtown Vancouver.

Every Stay Includes:

- Free full breakfast for two
- In-room Nespresso & bottled water
- Free long distance & wifi
- 24-hour business services

★ ***Get 15% off every stay when you book directly by phone or email***



602 Dunsmuir Street, Vancouver BC | 1.800.770.7929 | stregishotel.com



Official Hydration Partner
of the RBC GranFondo Whistler

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www.blonyx.ca

TURN YOUR TRAINING DATA INTO A SPORTS NUTRITION PLAN

Scan to connect your **Strava** and see where sports nutrition can improve your cycling performance with recommendations from your real training data.

www.blonyx.ca



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Our tours come with guides so beloved, guests request them year after year. Combined with rich regional cultures, authentic cuisines and unforgettable memories, tours end with an appetite for more Pedal & Sea Adventures.

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1(877) 777-5699 

PEDAL & SEA
adventures

NEAL BROTHERS



OFFICIAL SPONSOR OF

RBC
Gran Fondo
WHISTLER





THE FINISH LINE TASTES BETTER WITH
RED TRUCK



PROUD BEER SPONSOR OF RBC GRANFONDO WHISTLER



**EVERYTHING
YOU NEED,
NOTHING
YOU DON'T.™**

**ENJOY \$10 OFF YOUR ORDER
AT HORNBYORGANIC.COM**

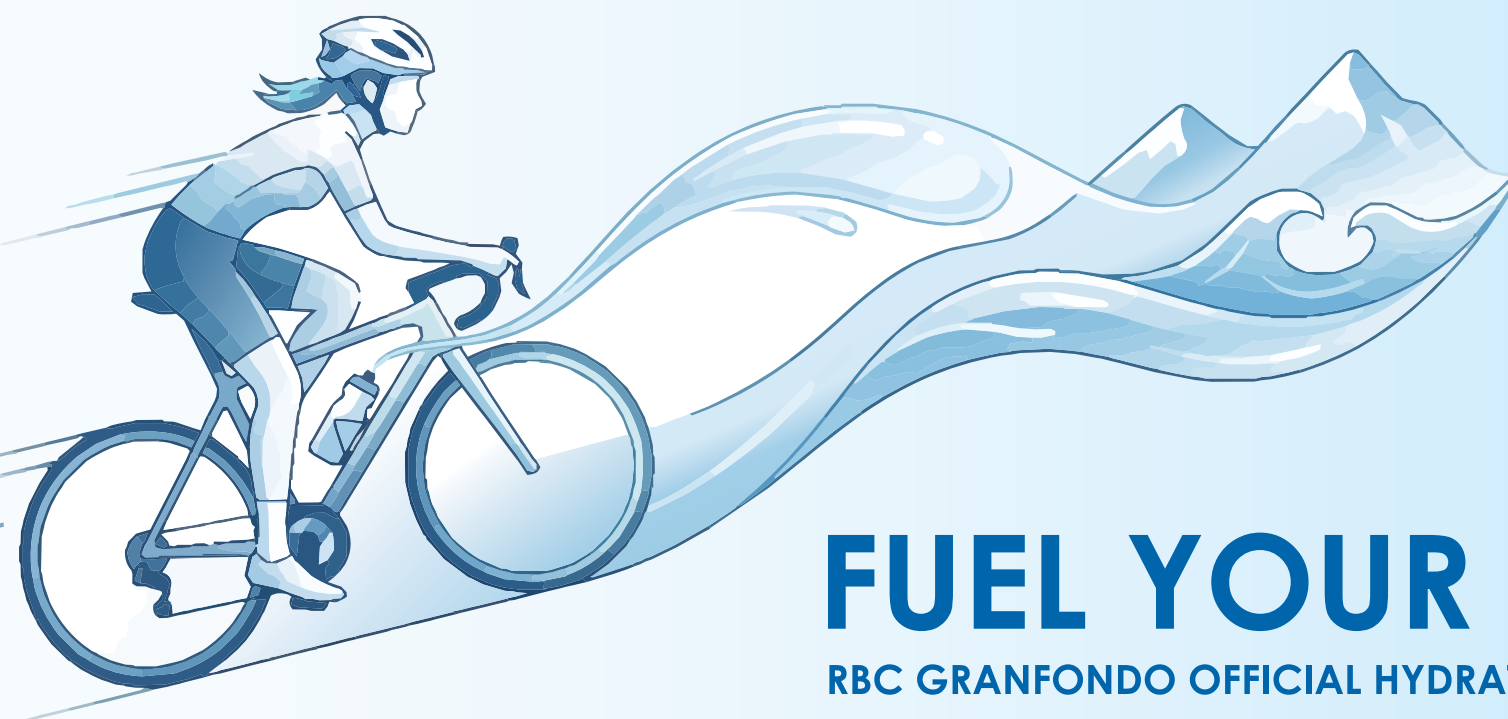
Use Discount Code: Fondo26 Code Expires: October 31, 2026



SCAN FOR 10% OFF



alkiss.ca



alkiss® WATER



FUEL YOUR RIDE

RBC GRANFONDO OFFICIAL HYDRATION PARTNER

ON COURSE

RIDER PHOTOGRAPHS

Watch for MarathonFoto on course - the official photographers capturing epic shots of each rider!

Post-event, you'll get a link to view & buy your pics.



REST STOPS AND FUEL

- Water & nutritious snacks, incl. Hornby Organic bars
- Hydra+ Electrolyte Mix by Blonyx
- Chips & Salsa by Neal Brothers (Salt Shed Rest Stop)
- First Aid by Canadian Outdoor Med
- Toilets (including pink ones for F-identifying riders)
- Free feminine period products by Joni at all rest stops
- Waste, recycling & compost bins by AWARE

NOTE: Horseshoe Bay Stop is for medical + mechanical only, NOT nutrition or hydration.



**Period care
that works
as hard as
you do.**



getjoni.com

ON COURSE

ENTERTAINMENT

Get ready to be swept off your feet! This year's RBC GranFondo Whistler is packed with unforgettable moments, energizing music, cheer stations, and amazing course support from Sea to Sky.

MECHANICAL AND CRASH SUPPORT

If you need mechanical help and can't reach the next rest stop, pull over and turn your bike upside down to signal for assistance.

Riders are responsible for handling minor mechanical issues (e.g. flat tires) and must carry an inner tube, pump or CO2, and multi-tool. For major issues, support will be available for a fee.

**IF YOU NEED MECHANICAL OR MEDICAL
SUPPORT CALL OR TEXT **236-374-2017**
(SAVE THIS NUMBER)**

EST  1900

BRITANNIA VILLAGE

GOOD LUCK TO ALL THE 2026 RBC
GRANFONDO RIDERS FROM BRITANNIA
VILLAGE, EVENT PARTNER AND HOST OF
THIS YEAR'S ENHANCED FEED STATION.

Stop in and fuel up on the incredible ride to Whistler and
plan to visit our restaurants and shops on your way home!

 MACDONALD
COMMUNITIES LIMITED

AUTOSTRADA
OYSTER BAR & GRILL

The
GENERAL STORE
GROCERY ♦ LIQUOR ♦ PIZZA



BEAUCOUP
BAKERY and CAFE



COPPER & FERN



BUTTER.

ON COURSE



COURSE CUT-OFF TIMES

Course cut-off times are strictly enforced to allow for the roads to safely open and for your safety.

Riders who miss the cut-off times below will not be allowed to continue the race and will be bused to Whistler from the two cut-off points.

Cut-Off Times

(the cut-off time is determined upon entering the aid station)

Salt Shed Aid Station:

- **Salt Shed - 12:40pm**

*(6:35 hrs from Forte start &
6:20 hrs from Gran Fondo start)*

Welcome to Whistler Rest Stop:

- **Welcome to Whistler Rest Stop - 2:15pm**

(7:55 hrs from Gran Fondo start)

WHISTLER FINISH LINE:

- **Finish Line closes at 3:30pm**

*(9:25 hrs from Forte start &
9:10 hrs from Gran Fondo start)*

“What happens if I miss a cut-off time?”

- **Upon entering the aid station, you will be required to stop, and wait for event provided transportation to Whistler.**
- **If you miss a cut-off time, YOU WILL NOT BE PERMITTED TO CONTINUE ON THE COURSE.**
- **If you arrive at Whistler finish line after 3:30pm, you may be asked to dismount your bike and then proceed to the bike park. Our Whistler celebration continues to 5:00pm.**

RESULTS AND TIMING

YOUR RESULTS

See how you stack up against riders in your division, age, and category!

After the ride, find your results on our website or by scanning the QR codes in Celebration Plaza.

LIVE TRACKING

Check your inbox the night before the ride for your RTRT (Race Time Ride Tracking), presented by Startline Timing.

Share this with your friends and family so they can track you!



MEDIO PODIUM & TIMING UPDATE

Dedicated Podium: Medio now features its own dedicated podium presentation!

Timed Climb: Results will be timed from the Callaghan turnoff timing mat to the top of the climb (KOM/QOM).

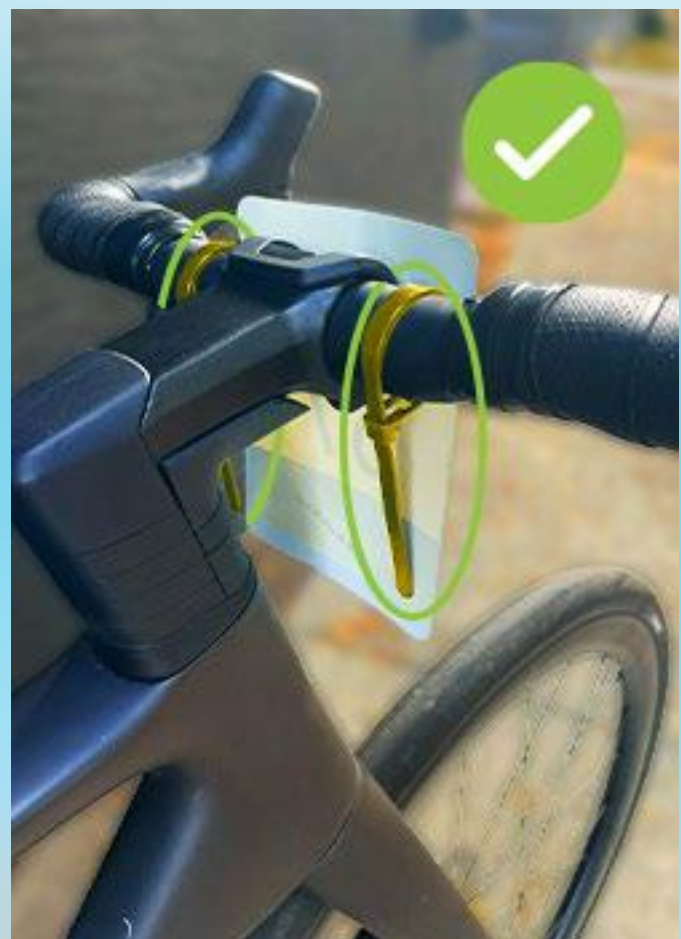
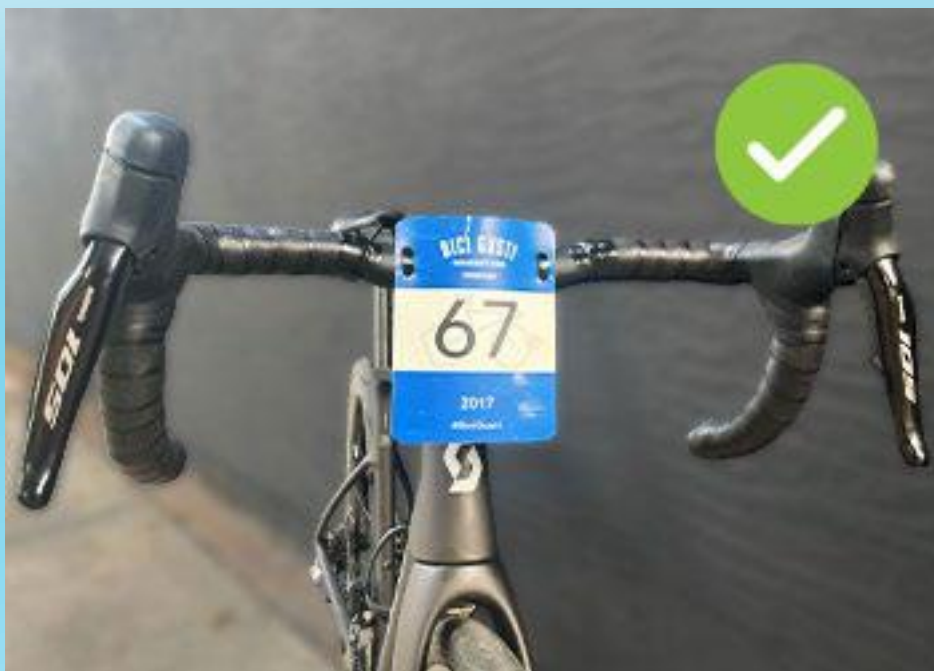
***MAKE SURE YOU DO NOT BEND YOUR BIKE PLATE!
IF BENT, YOUR TIMING CHIP WILL NOT RECORD
YOUR TIME.***

BIKE PLATE PLACEMENT GUIDE

Mount your bike plate properly to ensure accurate race timing and clear event photos.

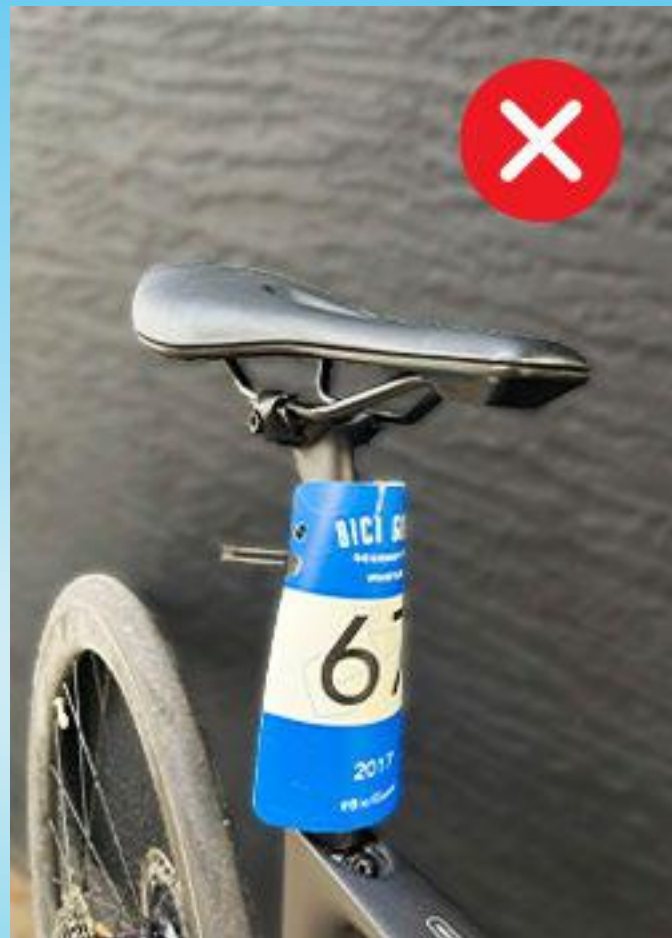
CORRECT

- Use provided zip ties to secure plate flat against the front center of handlebars.
- Ensure your number faces directly forward and is fully visible.
- Write emergency contact details on the back.



INCORRECT

- Do not curve the plate around the head tube.
- Do not attach it sideways or vertically.
- Do not place it behind the saddle.



If you mount your timing plate incorrectly, you will not receive a time and are not eligible for awards.

You may request a manual upload of your time by emailing info@StartlineTiming.com.

However, this will be done after the day of the event.

CELEBRATION PLAZA



**YOU'VE DONE THE
HARD WORK, NOW
IT'S TIME TO LET
YOUR HAIR DOWN!**

Celebration Plaza is your post-ride festival zone with food, a beer garden, vendors, music, awards, prize giveaways, Alta Classe lounge, games and much more.

Toast your ride, cheer your crew, and close out the season in style - Celebration Plaza is the place to be. Family and friends are welcome.

Food & Beer

Enjoy a meal and 1 alcoholic/non-alcoholic chilled beverage on us at the beer garden.

DJ Foxy Moron

Mixer of a Mish Mash of Music. Soul, Funk, Breaks, Jazz, HipHop, Disco, Rock, Electronic, etc (aka DJing;) 6X Voted “Whistler’s Favourite DJ” by the readers of Pique Newsmagazine.

Awards Ceremony

The Awards Ceremony takes place at 1:00 p.m. at the Celebration Plaza Stage. Podium presentations are in order for St. Regis Cup, Medio, Forte, and GranFondo.

Qualified teams will compete along the Sea-to-Sky for victory in the St. Regis Cup, presented by Robert J. Macdonald.

ALTA CLASSE

PRESENTED BY KITS

Alta Classe is your ultimate upgrade to the GranFondo, a premium experience that starts with an exclusive gift bag and includes the limited edition KITS x GranFondo Breakaway, our ultra-lightweight, wraparound sunglasses featuring UV400, photochromic lenses.

Start the event from a private corral and cross the Lions Gate Bridge before the field follows. At the finish line, unwind in the private KITS Alta Classe Lounge with a gourmet spread, premium drinks and your fellow Alta Classe riders.



ALTA CLASSE PREMIUM PERKS

- **Express package pickup at the VeloSpoke Bike Expo.**
- **Private bag check is available at the Stanley Park Start Line until 5:15am.**
- **Elite priority start on event day.**
- **Exclusive access to the KITS Alta Classe Lounge to recharge with food and drinks in Whistler.**
- **Enjoy professional restorative massage treatment through GranFondo's partnership with the Vancouver College of Massage Therapy (The Mend) post-ride in the Alta Classe massage pavilion.**



KITS



KITS Sport Essentials

YOUR VISION, ELEVATED

From Whistler's peaks to your daily adventures, KITS delivers premium Canadian-made eyecare that keeps up with your pace. See for yourself, your first pair is on us.

Use code **KITSRIDES** and get your first pair of prescription glasses for free.

Start your KITS journey today.

Visit us online at **KITS.ca** or in store at **1500 Yew Street**, Vancouver

*Shipping charges apply

TRANSPORTATION

BIKE TRANSPORTATION

Bike Drop-Off

Drop off your bike at the Bike Transportation Drop-Off in Bike Park, Lot 4, Whistler.

- For **Saturday** bike transport, bikes must be dropped off by 2:00pm.
- For **Sunday** bike transport, bikes must be dropped off by 4:00pm on Saturday.

All bikes will be loaded on Saturday, September 12, regardless of the scheduled pickup date.

BIKE PICK-UP

- Saturday: 5:00pm - 9:00pm
- Sunday: 9:00am - 5:00pm

PASSENGER TRANSPORTATION

Passenger shuttles are for passengers only. Check your booking information for your specific departure location and time.



BIKE DROP-OFF LOCATION



[Drop-Off Map](#)

IMPORTANT REMINDERS

- Keep your wristband on - you will need it to collect your bike.
- Remove all valuables, including computers and seat bags, before drop-off.
- **Bikes not collected on the scheduled pickup day will incur a \$100-per-day storage fee.**
- Security will be onsite to help protect the bikes. However, RBC GranFondo Whistler assumes no liability for damage, loss, or missing property.

BIKE COLLECTION LOCATION



Concord Pacific
88 Pacific Blvd,
Vancouver, BC



SCAN TO
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We'll be happy to tell you all about our guided rides, bike weeks and the 2027 season at Hotel Belvedere.

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where the hills of Emilia-Romagna meet the Adriatic Sea. An ideal cycling destination in the heart of Italy, next to Tuscany, where every ride becomes an unforgettable Italian experience.

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SUNDAY SLOWDOWN

THE FESTIVITIES KEEP ROLLING.

Audain Art Museum

Unwind after the RBC GranFondo Whistler at the Audain Art Museum's Sunday SlowDown.

Registration grants you access to the Museum, as well as one of these activities:

- Sound Bath
- Yoga
- Public Art Tour

[REGISTER NOW!](#)

Plus, get 20% off friends-and-family admission Sept 10–14 with code GranFondo20.



Sunday Slowdown

September 13, 2026

Set in the tranquil Audain Art Museum surroundings, register to enjoy a calming sound bath meditation, a restorative yoga session, or a guided art tour after the excitement of the RBC GranFondo Whistler. Registration grants the following perks:

- A relaxation activity of your choice (sound bath, yoga class, or public art tour).
- Same-day access to the AAM's Permanent Collection and Special Exhibitions from 11am-6pm.
- 20% off of admission for friends and family all weekend
Coupon Code: GranFondo20

9.30am - 10.30am	Sound Bath with True North Yoga
1.00pm - 2.00pm	Outdoor Hatha Restorative Yoga Class
2.00pm - 3.00pm	Public Guided Tour of the Permanent Collection
3.00pm - 4.00pm	Public Guided Tour of <i>Takao Tanabe 100: Inside Passage</i>



(NEW!) PAY IN INSTALLMENTS

PARTNERED WITH AFFIRM

We're excited to let you know that Canadian riders can split their registration fee into smaller, more manageable payments.

You can choose to pay in installments from 0% APR thanks to Affirm. Available to eligible Canadian residents with a Canadian bank account.

FOR NEXT YEAR'S EVENT, SIMPLY REGISTER AS USUAL AND SELECT AFFIRM AS YOUR PAYMENT AT CHECKOUT.

REGISTRATION FOR 2027 OPENS AT MIDNIGHT ON SEPT 12 - SAME DAY AS THE EVENT!

How can I take advantage of this feature?



Buy with monthly payments

Get a real-time decision.

Learn more

LOST & FOUND

WHERE CAN I FIND MY LOST AND FOUND ITEMS?

Saturday: Finish line solutions tent

Sunday: Concord Pacific, Vancouver

If you do not pick up your item in person, please fill out this form and we will plan an alternate pickup time between September 14 - 30, 2026. Items not collected will be donated.

[FILL OUT FORM](#)

VOLUNTEER

THE RIDE ISN'T POSSIBLE WITHOUT OUR VOLUNTEERS! THE MVPS OF OUR EVENT!

Do your friends and family want to be a part of the event? Volunteer!

[SIGN UP HERE](#)

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| C

surveyor

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THE RIDE.

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SCAN TO FUEL YOUR
NEXT ADVENTURE



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VANCOUVER, BC

 Friday, Sept 11 |  10:30am – 8pm

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To redeem, book your session and present this offer on arrival. Valid at Myo Vancouver locations. Discount applies to physiotherapy, chiropractic, and massage only. Not valid on bike fits or other specialty services.

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Celebrating the people
that move us forward.

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*Conditions apply. Please see website for details.



DU/ER

A man with dark hair and a beard is riding a black bicycle on a cobblestone street. He is wearing a dark blue button-down shirt over a teal t-shirt, blue jeans, and brown leather shoes. He is looking off to the side with a slight smile. The background shows a stone building with a dark doorway.

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PERFORMANCE NATION

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OFFICIAL NUTRITION ADVISOR OF

RBC
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WHISTLER



FUELLING THE FONDO

NUTRITION STRATEGIES TO SUPPORT YOUR RIDE

MAKE A PLAN

Having a plan for your nutrition will help you maintain your energy levels, minimize digestive discomfort, and accelerate recovery. It doesn't need to be complicated. Having a general idea of when and what to eat and drink can be enough to keep you feeling great.

This document will help you build this nutrition plan including:

- 1 WHAT TO FOCUS ON** the day before the Fondo to set you up for success
- 2 WHAT WILL BE PROVIDED** at each aid station to guide your fuelling & hydration strategy

» For individualized fuelling & hydration strategies, visit WWW.PERFORMANCENATION.CA

DAY BEFORE THE FONDO

What you eat and drink the day before plays a big role in how you will feel on your ride. To optimize your performance, focus on the following strategies:

- 1 EAT CONSISTENTLY**
Eat every 3-4 hours by including snacks between meals.
- 2 FUEL UP WITH CARBOHYDRATES**
Focus on carbohydrate-rich meals and snacks, as it is the preferred source of energy for your brain and muscle.
(see "Sources of Carbohydrates" on right of page)
- 3 STAY HYDRATED**
See "Hydration Tips" on right of page.

SOURCES OF CARBOHYDRATES

GRAINS & STARCHY VEGETABLES

E.g. rice, quinoa, oats, bread, pasta, potato, sweet potato, cereal, pancakes



FRUIT

E.g. banana, grapes, apples, berries, dried mango, raisins, dates, 100% fruit juice



DAIRY PRODUCTS & NON-DAIRY ALTERNATIVES

E.g. cow's milk, oat milk, chocolate milk, plain and flavoured yogurt, kefir



ADDED SUGARS

E.g. maple syrup, honey, candy, cookies, sport foods and fluids



CARBOHYDRATE-RICH FOODS PROVIDE

ENERGY



HYDRATION TIPS

START EARLY

Drink a glass of water as soon as you wake up

KEEP VISIBLE

Carry a water bottle with you and sip on it through the day

DRINK WITH FOOD

Use mealtimes as reminder to drink more fluids. Target 1-2 glasses of fluid e.g. water, juice, at each main meal. The sodium present in the foods that you eat will help your body to retain more of the fluid that you consume.

DAY OF THE FONDO

OFFICIAL NUTRITION ADVISOR OF THE RBC GRANFONDO WHISTLER

TOP UP YOUR FUEL LEVELS AND HYDRATE

Begin the day off with a carbohydrate-rich breakfast to further top-up your fuel levels. To hydrate, target 5-7mL per Kg of fluid in the 1-3 hours before you start.

If your appetite is low, consider a small snack (e.g. banana, fruit bar, granola bar, sport drink, etc.) after breakfast before you start your ride.

COME PREPARED



Bring foods you have been training with to the start line. Aim to be fairly self-sufficient and use the rest stops to supplement when needed.



Plan to carry 2 bottles on your bike - one with water and one with a carbohydrate electrolyte drink (e.g. Blonyx Hydra+). **Remember:** Blonyx Hydra+ will be available at each rest stop.

MAINTAIN YOUR ENERGY

Throughout the ride, prioritize hydration and carbohydrate intake.

- ★ Aim for 30-90 grams of carbohydrate per hour of riding, using a combo of food (e.g. bananas) and fluid (e.g. BlonyxHydra+).
- ★ Stay on top of your fueling hydration with a consistent schedule. For example, aim to consume some carbohydrate every 30 mins and sip on fluid every 15 mins. Eat consistently for steady energy, but don't consume more than you need.
- ★ Start fueling early even if you don't feel you need it - this will support your energy levels later in the ride.
- ★ Aim to consume ~500-750mL of fluid every hour. The amount you need will vary based on factors such as the intensity at which you are riding, your body size, and environmental conditions. Using a carbohydrate electrolyte drink (e.g. Blonyx Hydra+), can help contribute to your fluid and hydration needs simultaneously.



For individualized fuelling & hydration strategies, visit WWW.PERFORMANCEINFORMATION.CA

EXAMPLES OF ~30g CARBOHYDRATES

Items at the top of the list are easier to digest. Items at the bottom of the list are harder to digest.

These options will be available at the rest stops. Options will vary between rest stops.



3 scoops Hydra+ mixed with 500ml water



1 cup, i.e. 250mL Pop (e.g. Coke, Iced Tea, Lemonade)



500ml commercially available sports drink



Small handful candy (e.g. 5 gummy worms)



Small handful dried fruit i.e. 1/3 cup or 6 apricots (e.g. blueberries, cranberries, apricots)



1 medium banana



1 medium orange



2-3 rice cakes



20 small pretzel twists



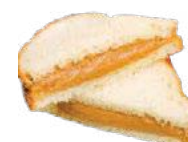
2 waffles



3 mini brownies



3/4 to 1 baked good (e.g. cookies, scones, lemon squares, etc.)



1 peanut butter sandwich



1 snack-size bar Hornby Energy Bar



3/4 of full-size bar Hornby Energy Bar

USE THIS OVERVIEW OF THE REST STOPS TO HELP YOU MAKE YOUR PLAN

Which Race?				Nutrition Focus
Rest Stop	Medio	Fondo	Forte	
Callaghan (27km)	✓	✗	✗	Medio riders: Halfway there? You're halfway through the ride. Refuel after the descent with carbohydrate-rich foods and fluids (e.g. Blonyx Hydra+, fruit, baked goods, candy) to prepare for the final climb and finish strong.
Britannia Beach (51km)	✗	✓	✓	Are you settled into a fuelling routine? Take advantage of the next section to fuel so you have enough energy for the climb. Focus on carbohydrates (e.g. Blonyx Hydra+, fruit, candy), but consider including more energy with foods that contain some protein and fat as tolerated (e.g. Hornby bar, baked goods, chips).
Alice Lake (73km)	✗	✓	✓	Are you hydrating enough? Keep on-top of your hydration with fluids and electrolytes. Get electrolytes from Blonyx Hydra+ or salted foods (e.g. pretzels, bread, chips, jerky). Top-up your energy with these and other easy-to-digest foods and/or fluids to prepare for the start of the climb (e.g. fruit, candy, cookies, pop).
Salt Shed (88km)	✗	✓	✓	Do you have enough energy for the rest of the climb? Keep up your energy with carbohydrate-rich foods and fluids (e.g. Blonyx Hydra+, fruit, baked goods, candy, chips, pop). Consider something more filling (e.g. sandwiches) as tolerated to provide more energy and some protein.
Brandywine (105km)	✗	✓	✓	Ready for the finish? Fondo riders, this is your final rest stop. Top up with easy-to-digest carbohydrates, fluids, and electrolytes (e.g. Blonyx Hydra+, fruit, candy, pretzels) to maintain energy all the way to the finish.
Callaghan (121km)	✗	✗	✓	Forte riders: Final climb ahead? This is your last rest stop before the final climb. After recovering on the descent, top up with easy-to-digest carbohydrates, fluids, and electrolytes (e.g. Blonyx Hydra+, fruit, candy, pretzels) to carry steady energy through to the finish.

PROJECT 30BY30

2026 UPDATE

Women's participation has increased each year since launch! Now 24.6%, up from 22.5%, when we launched this mission two years ago.

We're steadily tracking toward 30% by 2030.

We plan to keep featuring stories of women riders and partnering with riders, brands, and sponsors to elevate the experience and make the event more welcoming and accessible. Join us.



We welcome your ideas to make this program more equitable. DM us on our socials or email info@rbcgranfondo.com.

WELCOMING



Squamish Helping Hands

It is our great pleasure to welcome Squamish Helping Hands as the official charitable partner of RBC GranFondo Whistler for the 2027 event and onwards.

A registered non-profit charity based in Squamish, BC, Helping Hands serves as the region's essential social safety net.

Operating out of a centralized community hub called Under One Roof, the organization provides critical housing, food, and wellness services to individuals experiencing homelessness, poverty, and mental health or substance use challenges.

All leftover food and durable goods will be donated to Squamish Helping Hands after the event where it can help make a difference where it is needed. Riders will also have the opportunity to donate to Helping Hands during 2027 registration.



AVEL

CEREAL DRIVE
DONATE CEREAL TO
SQUAMISH FOOD BANK



SUPPORT LOCAL FAMILIES



Squamish Helping Hands

CEREAL DRIVE
DONATE CEREAL TO
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**Squamish
Helping Hands**

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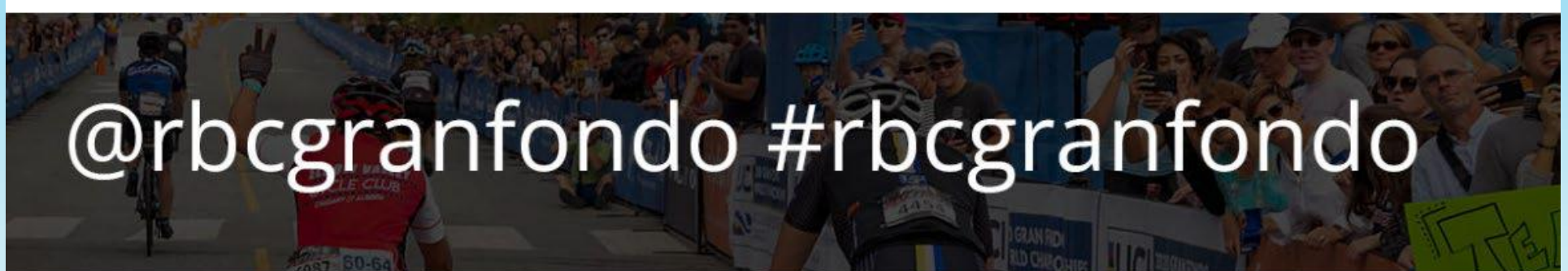
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GET SOCIAL

Check out [@rbcgranfondo](#) on Facebook and Instagram for all things RBC GranFondo Whistler.

USE [@RBCGRANFONDO](#) [#RBCGRANFONDO](#) AND YOU WILL APPEAR ON OUR WEBSITE'S SOCIAL WALL POWERED BY TRADABLE BITS!



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Skwíkw / Cwítima
Whistler

WHERE WE RIDE

We acknowledge the land
on which we ride
is the unceded territory of the
Skwxwú7mesh (Squamish)
Səlilwətaʔ/Selilwitulh (Tsleil-Waututh)
xʷməθkʷəyəm (Musqueam)
and Lilwat (Lil'wat), Nations.

Payakéntsut
Brandywine
Falls

Tsilxwm
Tantalus

K-w'kw'instn
Squamish Adventure Centre

Shisháy'u7áy'
Britannia
Beach

Siy'ám' Smánit
Stawamus Chief

Howe
Sound

K-él'etstn
Tunnel Point

Ch'ax-áy'
Horseshoe Bay



Stanley Park,
Vancouver

While in Whistler, learn more at:



Skwxwú7mesh Lilwat7úl
Cultural Centre
WHISTLER



ZERO WASTE



Association of
Whistler Area Residents
for the Environment

THE ENVIRONMENT IS OUR COLLECTIVE RESPONSIBILITY!

Since 2017, the AWARE Zero Waste program has aimed for a fully sustainable event. In 2025, we finally achieved it: 100% of waste composted or recycled! Let's keep it going.

What we are doing

**Choosing bulk materials/minimal packaging
Using compostable or recyclable serveware
No-cup event: bring a reusable bottle; otherwise
beverages come in aluminum cans
Stationing Zero Waste Heroes to help with sorting
Using power stations instead of fuel generators
where possible**

How you can help

Buying reusable, durable gear over disposables

***THANKS FOR HELPING CARE FOR THESE
BEAUTIFUL LANDS - TOGETHER.***

REMINDERS

ID & Emergency Contact

Always ride with photo ID and your health/MSP card. Please write your emergency contact details clearly on the back of your bike plate.

Bike Pick-Up + Wristband

Keep your wristband on until you've collected your bag and bike. Note: You'll need it to retrieve your bike from Lot 4 or Vancouver if you purchased transportation.

Before You Arrive

Hydrate and check tire pressure. Bring two full water bottles - no refills at the start.

Start Corrals

Enter at least 15 minutes before your start. Choose a corral based on your expected finish time, including stops.

Controlled Start

All riders will be in a controlled start for the first several kilometers. Your official start time will not begin until you cross the start line so there is no need to rush. There is a neutralized roll-out until Taylor Way, and you will be disqualified from the ride if you pass a lead vehicle or Ride Marshals.

No Littering

Offenders will be disqualified and banned from future events.

Horseshoe Bay Stop

This location is now only a medical and mechanical stop, no nutrition or hydration will be available here. Check Course Map page for more information.

No Bandits

Riders who attempt to ride without registering will be removed from the event by RCMP.

Mandatory Gear

All riders must use front and rear lights due to low morning light with this cyear's 40-minute earlier start time.

FAQS

- **Can I change my rider category?**
- **When does event registration close?**
- **Can someone else pick up my rider package for me?**

Got questions like the ones above? Check our full website FAQs or visit us at the Solutions Desk at the VeloSpoke Bike Expo or the Info / Solutions booths set up on ride day.

[FAQ PAGE](#)

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**GOOD LUCK
ON SATURDAY!**



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RE-REGISTRATION REMINDER (2027)

**JOIN OVER 1000 RIDERS WHO TYPICALLY
TAKE ADVANTAGE OF OUR BEST DEALS
FOR NEXT YEAR RIGHT AFTER THIS
YEAR'S RIDE!**

1. Lowest Price of the Year

**Lock in our lowest price for 2027 when you
register between Sat, Sept 12 and Wed, Sept 16,
2026 (by 11:59 PM Pacific Time).**

2. Turkish Airlines flight giveaway

**Register between Sept 12 and Sept 30, 2026 to be
entered to win 2 round-trip flights from Canada to
Istanbul with Turkish Airlines.**

3. Belvedere Bike Hotel, Italy giveaway

**Register between Sept 12 and Dec 15, 2026 to be
entered to win a stay with Marina and the team at
the legendary [Belvedere Bike Hotel in Riccione,
Italy.](#)**

Registration just got more affordable

You can now choose to pay your registration fee in flexible bi-weekly installments from 0% APR!

Simply choose Affirm as your payment method at checkout.

Available to eligible Canadian residents with a Canadian bank account.

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