



About the Games

The annual 55+ BC Games is a five-day, province wide, multi-sport event hosted by a different community each year. The BC Seniors Games Society is the parent organization that is responsible for the overall governance of the Games, the sport specific rules, and the liaison with the participants. Its mission is to improve

the health, lifestyle, and image of British Columbia's 55+ population.

September 11-15, 2018

Join us in Kimberley/Cranbrook for the 31st Annual 55+BC Games. Attracting over 2,500 55+ athletes from across the province to compete in 23 sports.

Mountain Biking

Description: Mountain Bike Racing consists of cycling competitions on 'Seniors Friendly' off road terrain. Participants can compete in three mountain bike events:

- ✚ cross country (XC), (2017 Distance was 14km) Distance will vary. Men and Women over 75 will ride shorter course
- ✚ hill climb, Distance (2km +/-)
- ✚ a team relay consisting of four riders. This is a fun event..... the relay will be a Spectator and Senior friendly condensed cross-country course. There are two riders per team. Five different relays are scheduled:
 - i. Men 55 to 64
 - ii. Women 55 to 64
 - iii. Men 65+
 - iv. Women 65+
 - v. Mixed Open – one man/one woman

Location:

Kimberley

Age Categories

Men and Women

Ages 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, and 89+

Participants

- Over 2,500 participants aged 55+ from across British Columbia are expected to compete.
- Participants compete from twelve Zones across BC
- 25 sports and activities are included in these Games.

Accommodation

Participants just have to call and book their room or make alternative arrangements. The following hotel is holding accommodation for our zone. Or you are free to make your own arrangements.

BOOKED ACCOMMODATION IN CRANBROOK

Econo Lodge Inn & Suites – 1417 Cranbrook Street, N. Cranbrook, B.C. V1C 3S7

Phone 1 - 250-426-7236

The following Rooms are available from Sept 10 – 14, 2018:

25 NS – 2 Queens \$85. Plus tax

10 NS – 1 queen \$95. Plus tax

10NS – 2 queens \$95. Plus tax

5 NS – 1 King Size bed \$85. Plus tax

Rooms must be booked prior to July 31, 2018. Any rooms left after that date will be released.

When phoning them use the following: Zone 3 Seniors code.

If you have any problems regarding rates, let me know so I can deal with it.

Dick Hopkins Zone Director

Fees for 2018

Society Registration - \$20.00

Event Fee - \$10.00

Registration includes – 55+ Games Shirt

Please contact Mountain Bike Zone Co-Ordinator for Registration

Ron Coreau – 604-826-9741 or ron_coreau@telus.net

Website for Games Information <https://www.55plusgames.ca/>



55+

BC Games
For Life, Sport and Friends

Sept 11 -15, 2018
Kimberley / Cranbrook

Archery | Badminton | Bocce | Bridge | Cribbage | Cycling | Darts
Dragon Boating | Equestrian | Five Pin Bowling | Floor Curling | Golf
Ice Curling | Hockey | Lawn Bowling | Mountain Biking | Pickleball
Slo-Pitch | Soccer | Swimming | Tennis | Track & Field | Whist

For more information
and to register

55PLUSBCGAMES.ORG



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