

VERNON SD22 MOUNTAIN BIKE RACING TEAM 2026

Information and Registration Package

OVERVIEW

Thank you for your interest in the SD22 Mountain Bike Racing Team. If you are looking to improve your mountain biking skills, race in both XC or Enduro events, and hang out with like minded riders, you should consider joining our team. Beginning at the end of March, the team will train 1x per week in either Kalamalka or Ellison Parks. Riders will train to compete in at least one race event in the Thompson-Okanagan Region. There is also a Provincial Championships being held in *Quesnel on May 21 & 22* consisting of both an XC and Enduro race that riders may be eligible to compete in.

SCHEDULE

The team will ride every **Tuesday from 5pm-7pm in April and May**. Coaches will lead riders through training routes to provide physical conditioning and ride specific skills for both XC and Enduro style races such as navigating single and double track, climbing, descending, traversing and passing. **Season starts Tuesday, March 31, location TBA.**

SEASON KICK OFF

Please join us on Wednesday, March 2nd at 5:45pm for the 2026 Season Kick Off of the SD22 MBT Racing Team at **Sun Country Cycle**. Meet your coaches and team members from across the district. We will provide a season overview - including training, regional races, and provincials. There will be discussion on proper bike maintenance, trail etiquette and required gear.

Sun Country Cycle will also be providing a special offer to our team of 20% off gear including apparel, riding shoes, tools, helmets, and pads. Don't miss out on this great offer to get yourself ready for the season.

***New this year:** Full face enduro helmets and knee pads will be required by our team for enduro races. Sun Country Cycle is providing a choice of several models at a significant discount for our team. [Click here](#) for a list of helmets and discounts.

COACHING & VOLUNTEERS

The team is fortunate to have a selection of parent coaches who are amazing mountain bikers from the Vernon community with many years of riding and racing experience and high level first aid.

Parents interested in riding with the group can contact Head Coach Chris Williamson CWilliamson@sd22.bc.ca . We will also need volunteers to assist with our race.

Volunteers must have a valid criminal record check on file with the school district.

Parents can apply for one at this link if they do not have a current one:

Online Link: <https://justice.gov.bc.ca/criminalrecordcheck>

Access Code: **9K586PFLJG**

RACING

A series of races that riders can choose from will be held over the two month season. Athletes are strongly encouraged to participate at all of the events. These take place on **Thursday with a start time of 2:00 and pre-ride before (time-to-be-determined for each race)**. This earlier start time allows for teams on the outskirts of the region to arrive home at a more reasonable time in the evening. Confirmed races will be held as follows (subject to change if conditions warrant):

- Vernon (Ellison Provincial Park) - April 23
- West Kelowna (Smith Creek) - April 30
- Merritt (Iron Mountain) - May 7
- Revelstoke (Mount Macpherson) - May 14
- Provincial Championships - Quesnel - May 21-22

SKILL LEVEL, GEAR & RIDE PREPARATION

Participants should be comfortable riding blue trails. Riders must have a properly fitted helmet and a mountain bike in good working order. Protective gloves and glasses are strongly recommended. Riders will not be allowed to use E-bikes for either training rides or racing. Coaches will do a safety inspection of bikes prior to the first ride. Riders are expected to come prepared with a water bottle, tube for flats, and appropriately dressed for the conditions, as we ride rain or shine.

RULES & SAFETY

Rider safety is essential for the program. Our team will be following [IMBA Canada's Rules of the Trail](#) policy. Coaches will go over rules and riding etiquette at the first training ride. Participants are expected to adhere to their school's athletic policies and model good sportsmanship. To abide by insurance and liability issues as required by SD22, no double-black trails or gap jumps will be included in the program.

You must have the *SD22 Level 4 Field Trip* form completed prior to the first training ride.

We will have forms at the March 2nd Kick Off Event at Sun Country and again at the first Training ride. Please return signed copies to head coach Chris Williamson. Inability to have the form completed and signed by a parent will mean the rider cannot participate.

[2026 SD22 MTB Caregiver Consent form.pdf](#)

REGISTRATION & FEES

Cost of the program is **\$150** which covers a team jersey, water bottle, coaching travel expenses and registration fees for regional races. Registration in the Provincial Championships will have additional costs.

\$150 registration fees can be paid at the Season Kick Off at Sun Country, March 2 (or first practice) by cash or cheque (made out to Fulton Secondary). Please make sure to indicate your rider's name in the message section.

Deadline to register is **March 14th**, please register here: [REGISTRATION FORM](#)

If you have any questions, please contact Lisa: lisadfogel@gamil.com

Follow updates on instagram [@vernon.highschool.mtb.team](#)