



Seymour Challenge 2012

Presented by: Riley Law Hosted by: North Shore Healthmasters

Take on 1,000 meters of climbing on this 12.2 km course through scenic Seymour Park. Proceeds of this 17th annual challenge benefit the cycling youth in the community.

When: **Sunday, August 12th, 2012**

Where: **Parkgate Community Center**
3625 Banff Court, North Vancouver

Time: **8 a.m.—Registration & Check-in opens**
Note: Registration closes 30 min prior to race start time.
Pre-Register online at Karelo (reduced race fee)

Race Start Times	Race #	Categories included
09:45 a.m.	Race #1	Category 4 & Citizen Men
10:00 a.m.	Race #2	Masters Men (>40 yrs)
10:20 a.m.	Race #3	Women Cat 1,2,3,4, U19 & Masters Women (>40 yrs)
10:30 a.m.	Race #4	Men Cat 1,2,3 & U19

Prizes & Trophies:

- Trophy to top male & female
- *Pacific Coast Hill Climb Perpetual Trophy*

Courtesy of Riley Law:

- *Sparrowhawk Cup* to top male master (age handicap)
- *Stapleton Cup* to top female master (age handicap)

View past [results](#) courtesy of Stuart Lynne.



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