



NORTH SHORE MOUNTAIN BIKE ASSOCIATION

FIVER VOLUNTEER INFO



LAND ACKNOWLEDGEMENT

We would like to begin by acknowledging that the land on which we build, maintain and recreate is the unceded territory of the Coast Salish peoples, including the **xʷməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətał (Tsleil-Waututh) Nations.**

These Nations are recognized within the NSMBA as having the right to occupy and use their own lands, and they are honoured for the knowledge they hold and for allowing us to use their lands.

We encourage you to explore their websites and learn more about their histories, languages and cultures.

musqueam.bc.ca

squamish.net

twnation.ca

NSMBA FIVERS FAQ

What is a Fiver?

- The Fiver Series are events with a focus on community, riding and having a good time. And while we do time riders and some folks have a more race-style approach to the event, there is no prizing or points awarded for top finishers.
- Typically we host up to 8 events each season, on alternating Thursdays, from late April to July
- Event that includes 2-3 timed stages (typically downhill) and untimed transfer stages (typically the climbs). Also known as an Enduro Style event.
 - Riders will be assigned a chip at the time of registration and they will need to return the chip at the end of the event to have their times recorded
 - Each stage has a time in/out chip reader for riders to record the timed stage
 - Some riders have their own chips, these do not need to be returned.
- Cost to participate is \$5 (\$6 if paying by card) to enter and riders must be NSMBA members - this is for insurance purposes
- The Après is hosted by the event sponsor and all riders and volunteers are invited to the après. The après is a great opportunity to socialize with other riders, while enjoying food and beverages. Sponsors also typically provide prizes for those who attend.
- [Fiver Video](#)

NSMBA FIVERS FAQ

Fiver Timing Categories

- Men
- Women
- Non-Binary
- Junior Men (U18)
- Junior Women (U18)
- Junior Non-Binary (U18)
- E-Bike
 - E-Bikes must be Class 1 (only)
 - Will start prior to analog bikes - registration for e-bikes will be at 5:30 - our insurance requires that e-bikes start separately

TYPES OF FIVERS

Learn to Fiver

- Typical Trails: green + blue
- Non-competitive, relaxed riding environment
- Target is those who wish to practice with the timing equipment because they have never participated before
- No charge & no timing results published

Youth - 18 years and younger

- Typical Trails: green + blue
- Non-competitive, relaxed riding environment
- Target youth riders who are looking for a bit more of a chill environment and who may not be ready for the more advanced trails
- Can be held in conjunction with Casual Fivers
- 100 entries

TYPES OF FIVERS

CLASSIC

- Typical Trails: black
- Competitive, fast paced riding environment
- Target: you're comfortable in a racing environment and can generally clean the black trails
- 200 entries with 30 entries held for priority registration for WTNB and BIPOC

CASUAL

- Typical Trails: blue+
- Non-competitive, relaxed riding environment
- Target: in the past Fivers have been intimidating because they're too fast/hard. You're happy on blue trails and might find yourself walking a feature or two
- ****More advanced riders can accompany entrants****
- 100 entries with 30 entries held for priority registration for WTNB and BIPOC

WTNB - Women, Trans, Non-Binary

- Typical trails: blue+
- Non-competitive, relaxed riding environment
- Target: exclusive space for our women, trans, non-binary riding community
- ****More advanced riders can accompany entrants****
- 100 entries

VOLUNTEER ROLES/TASKS

Course Flagging

- Pre-ride the course and place flagging tape to ensure riders follow the course
- Mark off features/lines that will not be included in the course
- Install PVC piping at start/end of stage for timing equipment
- Available day before or afternoon of event (flagging must be completed by 4pm)

Registration

- Participant entry into timing software (name + category + timing chip activation)
- Waiver collection (one waiver is required per season)
- Money collection - cash or card
- Route explanation

Marshalls

- Marshalls will be located at the top and bottom of each stage = listen for the tap in + tap out beep
- Knowledge of the trail network in regards to the route to know how to get to assigned location
- Ability to get to the marked location on the trails - walking, riding, driving to assigned location.
 - Fromme routes require a vehicle to get up the gravel road
 - Seymour routes require driving up to the Mushroom Lot (at most)
- Remove any flagging tape as you leave the course, and bring back the timing equipment/pvc pipe

VOLUNTEER ROLES/TASKS

First Aid

- Basic first aid (basic kits provided by NSMBA)
- If it's bigger than a band aid then we call 9-1-1
- Knowledge of the trail network in regards to the route to know how to get to assigned location and provide details in the event of an emergency

Sweep

- Be the last person to leave the registration tent and follow the last rider up
- Let ALL course marshalls and first aid know that you are the sweep and that they can pack up and return to registration tent
- Remove any flagging tape from the course
- Let folks at final tapout point know that you are the sweep
- Ability to ride the trails that are part of the route

FIVER EVENT TIMELINE

Day before or morning of - course flagging is complete

5:00 pm- registration tent set up, including computers. Volunteer check-in and receive a short event brief and assignments.

5:15 pm - volunteers depart registration tent for assigned location

5:30 pm - registration opens

6:30 pm - registration closes, sweep departs. Computers switch from tap in to tap out to process finished riders and clear cards

6:30 pm - apres starts at sponsor location

8:30 pm (ish) - sweep returns & computers are shut down

10:00 pm (ish) - apres finishes

EQUIPMENT REQUIRED FOR VOLUNTEERING

NSMBA to provide:

- Whistle
- Name tag
- High-vis vest/volunteer shirt
- Basic first aid kit
- Gratitude and high fives

What to bring

- Weather appropriate clothing
- Water & Snack
- Bug spray or sunscreen
- Cowbells or other cheering devices (optional)
- Portable speaker for music (optional)
- Bike & Helmet (for course sweeps or to travel to marshalling location)



THANK YOU

We cannot run these events without an amazing volunteer team. Thank you for giving your time and energy to help provide a positive experience to the riders at the Fiver events.