

RANDONNEURS NOVA SCOTIA 2004 RIDE SCHEDULE

- Sun Apr 11 Wolfville-Roubaix**
Port Williams 11AM 75KM
- Sat Apr 17 **Stanley - Brooklyn**
St. Croix carpool lot 9AM 100KM
- Sat Apr 24 **Shubenacadie - Rawdon**
Elmsdale Tim's 9AM 120KM
- Sat May 1 **Wittenburg – Upper Stewiacke**
Stewiacke Tims 9AM 120KM
- Sat May 8 **New Germany - Northfield**
Mahone Bay 9AM 120KM
- Sun May 9 Spring Century**
Organized by Velo Halifax Bicycle Club (VHBC)
Halifax Rotary 8AM 160KM
- Sat May 15 **Wentworth – Tatamagouche – Nuttby**
Lower Onslow 9AM 135KM
- Sat May 29 **Coldbrook – Annapolis 200k Brevet**
Pre-register by Thursday – Mark 455-2878
Coldbrook Tim's 8AM 200KM
- Sat June 5 **Chester - Kentville 300k Brevet**
Pre-register by Thursday – Mark 455-2878
Halifax Rotary 6AM 300KM
- Sat June 12 **Halifax – Windsor - Chester**
Halifax Rotary 8AM 200KM
- Sat June 19 **Middleton – Mahone Bay 400k Brevet**
Pre-register by Thursday – Mark 455-2878
Halifax rotary midnight 400KM

LONG DISTANCE CYCLING CLUB 2004 RIDE SCHEDULE

- Sat Jun 26 **Lunch at the Spitfire Arms**
Bedford Tims 8AM 120KM
- Thur Jul 1/
Fri Jul 2/
Sat Jul 3 **Nova Scotia The Long Way**
Yarmouth to Sydney in three days: 280/240/200 km
motel accommodation/van supported
Pre-registration by June 1st - Mark 455-2878
Yarmouth to Sydney 720km
- Sat Jul 10/
Sun Jul 11 **Sheet Harbour – Pictou – Amherst Brevet**
Pre-register by Sun June 13 - Mark 455-2878
Grahams Grove 5AM 600KM
- Sat Jul 24 **St. Peters – Gabarus – Mira**
Pre-register by Sun June 25 - Dave 499-3960
St. Peters 6AM 250KM
- Sat Aug 7 **Tri-Province Tour: PEI/NB/NS in a day**
The only ride in Canada where you can cycle three
provinces in one day!
Caribou ferry terminal 6:30AM 275km
- Sun Sept 5 Cabot Trail In A Day 300k Brevet**
Pre-register by Sat Aug 21 - Ron 455-1383
Baddeck 6AM 300 KM
- Sun Sept 19 Joseph Howe Century Tour**
Nova Scotia's most popular 100 mile ride - VHBC
Grahams Grove 7:30AM 160KM
- Sat Sept 25 **Double Century**
Organized by VHBC
Halifax rotary 3AM 320KM
- Sun Oct 3 Annapolis Valley Double Metric**
Coldbrook Tim's 8AM 200KM

Randonneurs Nova Scotia Long Distance Cycling Club

What is Randonneuring? In a nutshell, randonneur cycling is long-distance non-competitive cycling. Riders “compete” against time, distance, and the elements instead of against each other. The emphasis is on riding as a group, to share the draft and achieve long distances comfortably. Whether you come from a commuting, touring, recreational, or racing background, long-distance cycling offers a new challenge.

Brevet Series: A “brevet” is a special ride, over a pre-set route and distance, which must be completed within designated time limits with check-ins at control points. Your completed brevet control card will be forwarded to the world-wide sport-governing body, the Audax Club Parisien in France, to earn medals to recognize your accomplishment.

We welcome new members. Riders interested in long-distance cycling should be fit and self-sufficient cyclists. Riders should be capable of maintaining their own bicycles and should carry sufficient tools, food, and clothing to complete the ride. For rides that start or finish after dark, proper lighting and reflective clothing is mandatory. We can advise you on equipment selection and gearing choices.

Club membership: You must be a club member to participate in club rides and brevet rides. Annual membership is \$40 per year, or \$20 for those who hold a BNS general membership card or a BNS racing license. You can join the club at any club ride, or phone:

President: Mark Beaver 455-2878
mark@cyclesmith.ca
Vice-President: Dave Ross 499-3960
dross@pierceys.ns.ca



2004 RIDE SCHEDULE

dedicated to the promotion of long-distance non-competitive cycling in Nova Scotia



Affiliated with Bicycle Nova Scotia
and the Canadian Cycling Association

www.bicycle.ns.ca/clubs/randonneurs