

RANDONNEURS NOVA SCOTIA 2005 RIDE SCHEDULE

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| Sat Apr 9 | Gay's River - Stewiacke Elmsdale Tim's 10 AM 70KM |
| Sun Apr 10 | Wolfville - Roubaix Port Williams 11AM 75KM |
| Sat Apr 16 | Stanley - Rawdon St. Croix carpool lot 10AM 85KM |
| Sat Apr 23 | Shubenacadie - South Maitland Stewiacke Tims 10AM 90KM |
| Sat Apr 30 | Beaverbank - Hillsvale Sunnyside Tim's 10AM 100KM |
| Sat May 7 | New Cornwall - New Germany Mahone Bay 9AM 120KM |
| Sun May 8 | Spring Century Brookfield 9AM 160KM |
| Sat May 14 | Wentworth - Tatamagouche - Nuttby Lower Onslow 9AM 130KM |
| Sat May 21 | Windsor - Kentville - New Ross Windsor Waterfront Tim's 10AM 120KM |
| Sat May 28 | Berwick – Annapolis Royal 200k Brevet Pre-register by Thursday – call Mark at 455-2878 Coldbrook Tim's 8AM 200KM |
| Sun June 5 | Peggy's Cove - Blandford Halifax Rotary 4AM 100KM/200KM |
| Sat June 11 | Sheet Harbour - Brookfield 300k Brevet Pre-register by Thursday – Mark 455-2878 Graham's Grove 6AM 300KM |
| Sat June 18 | Halifax - Windsor - Chester 200k Brevet Pre-register by Thursday – Ted 423-8693 Halifax rotary 8AM 200KM |

LONG DISTANCE CYCLING CLUB 2005 RIDE SCHEDULE

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| Sat June 25 | Eastern Shore 400k Brevet Pre-register by Thursday – Dave 860-0520 T.B.A. midnight 400KM |
| Sat July 9/ Sun July 10 | Sherbrooke - Antigonish 600k Brevet Pre-register by Sun June 12 - Ted 423-8693 Graham's Grove 5AM 600KM |
| Sat July 23 | Noel Shore In A Day Halifax Rotary 6AM 250KM |
| Sat Aug 6 | Tri-Province Tour: PEI/NB/NS In A Day The only ride in Canada where you can cycle three provinces in one day! Pre-register by July 15 - Ted 423-8693 Wood Islands PEI 6AM 275KM |
| Sun Sept 4 | Cabot Trail In A Day 300k Brevet Pre-register by Sat Aug 13 - Ron 424-2988 Baddeck 6AM 300KM |
| Sat Sept 10 | New Ross - Newburne Chester Basin 10AM 100KM |
| Sat Sept 17 | Double Century Pre-register by Thursday – Mike 452-0024 Halifax rotary 4AM 322KM |
| Sun Sept 25 | "Joseph Howe Century Tour" Nova Scotia's most popular 100 mile ride Organized by Velo Halifax Bicycle Club Graham's Grove 8AM 160KM |
| Sun Oct 2 | Annapolis Valley Double Metric Coldbrook Tim's 8AM 200KM |
| Sat Oct 8 | Wentworth - Tatamagouche Wentworth 10AM 80 - 130KM |
| Sat Oct 15 | Dollar Lake loop Graham's Grove 9AM 120KM |

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, les Randonneurs Mondiaux 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 already 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: Dawn Gillingham 443-5753
aurorabikes1@aol.com



2005 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