

RANDONNEURS NOVA SCOTIA 2010 RIDE SCHEDULE

Sat Apr 3	Graham's Grove – Lantz – Graham's Grove Grahams Grove 10AM 70KM
Sat Apr 10	Minesville – Porter's Lake Grahams Grove 10AM 75KM
Sat Apr 17	Stanley – Rawdon St. Croix carpool lot 10AM 85KM
Sat Apr 24	Shubenacadie – South Maitland Stewiacke Tim's 10AM 90KM
Sat May 1	Wittenburg – Upper Stewiacke Milford 9AM 120KM
Sat May 8	Kennetcook – South Maitland 200km Brevet Graham's Grove - 8AM 200KM
Sat May 15	Brooklyn – Rawdon Century Halifax Rotary 9AM 161KM
Sat May 22	Coldbrook – Annapolis 200km Brevet Coldbrook 8AM 200KM
Sat May 29	Chester – Berwick 300km Brevet Halifax Rotary 6AM 300KM
Sat June 5	Rawdon – Middleton – Bridgewater 400km Brevet Graham's Grove MIDNIGHT 400KM
Sat June 12	New Ross – Barss Corner Chester Basin 10 AM 120KM
Sat June 19/ Sun June 20	Oxford – Parrsboro 600km Brevet Grahams Grove 5AM 600KM
Sat June 26	Peggy's Cove Halifax Rotary 9AM 95KM

LONG DISTANCE CYCLING CLUB 2010 RIDE SCHEDULE

Fri July 9 - Sun July 11	Sheet Hbr – Brookfield – Yarmouth 1000km Grahams Grove 5AM 1000KM BREVET Pre-registration by June 25
Sat July 24	Moose River – Tangier Graham's Grove 8AM 180KM
Sat Aug 7	PEI Tip-To-Tip – Fundraiser Ride "Biking For Breakfast" organized by Summerside Cycling Club Details www.bikingforbreakfast.com
Sat Aug 14	Nuttby – Eastville Brookfield 9AM 160KM
Sat Aug 28/ Sat Aug 29	Cabot Trail in Two Days Baddeck 8 AM 300 KM Pre-registration required
Sat Sept 11	New Ross – Newburne Chester Basin 10 AM 100KM
Sun Sept 19	Joseph Howe Century Tour Atlantic Canada's oldest and largest century ride Organized by Velo Halifax Bicycle Club Graham's Grove 7:30AM 160 KM
Sat Sept 25	Westworth – Scotsburn 200k Brevet Lower Onslow 8AM 200KM
Sat Oct 2	Pleasant River – Pleasantville Bridgewater 10AM 100KM
Sat Oct 9	Peggy's Cove Halifax Rotary 9AM 95KM
Sat Oct 16	New Germany - Northfield Mahone Bay 10AM 115KM

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 results 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 \$15 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:

Mark Beaver 455-2878
Dave Ross 860-0520



2010 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.randonneurs.ns.ca