

RANDONNEURS NOVA SCOTIA 2011 RIDE SCHEDULE

Sat Apr 2	Graham's Grove - Enfield Graham's Grove 10AM 75KM
Sat Apr 9	Gay's River – Stewiacke Elmsdale 10AM 75KM
Sat Apr 16	Beaver Bank – Hillsvale Bedford 10AM 100KM
Sat Apr 23	Shubenacadie – South Maitland Stewiacke Tims 10AM 100KM
Sat Apr 30	Dollar Lake Loop Graham's Grove 9AM 120KM
Sat May 7	Wentworth – Tatamagouche – Nuttby Lower Onslow 9AM 130KM
Sun May 8	Spring Century Graham's Grove 9AM 160KM
Sat May 14	Kennetcook – South Maitland 200k Brevet Graham's Grove 8AM 200KM
Sat May 21	Fleche Atlantique team distance challenge Pre-register by May 1st – Mark 455-2878
Sat May 28	Westville – Brookfield 300k Brevet Graham's Grove 6AM 300KM
Sat June 4	Brookfield – Kentville 400k Brevet Graham's Grove midnight 400KM
Sat June 11	New Ross – Newburne Chester Basin 10AM 100KM
Sat Jun 18/ Sun Jun 19	Pictou – Oxford – Parrsboro 600k Brevet Graham's Grove 6AM 600KM

LONG DISTANCE CYCLING CLUB 2011 RIDE SCHEDULE

Sat June 25	Peggy's Cove loop Armdale Roundabout 9AM 95KM
Fri July 8/ Sun July 10	One Thousand KM Brevet Graham's Grove 5AM 1000KM
Sat July 23	Moose River – Tangier Graham's Grove 7AM 215KM
Sat Aug 6	Noel Shore In A Day Armdale Roundabout 7AM 250KM
Sat Aug 13	Nuttby – Eastville century Brookfield 9AM 160KM
Sun Aug 14	Heart Of The Valley Century Ride Organized by the town of Middleton Middleton 9AM 25KM/50KM/100KM/160KM
Sat Sept 10	Lunenburg – Bridgewater Mahone Bay 10AM 100KM
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
Sat Oct 1	Annapolis Valley 200k Brevet Coldbrook Tim's 8AM 200KM
Sat Oct 8	New Germany – Northfield Mahone Bay 10AM 115KM
Sat Oct 15	Stanley – Rawdon St. Croix 10AM 100KM
Sat Oct 22	Three Fathom Harbour Graham's

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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 \$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, print off the application form from our website, or phone:

contact: Mark Beaver 455-2878
mark.beaver@ns.sympatico.ca



2011 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

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