

RANDONNEURS NOVA SCOTIA 2008 RIDE SCHEDULE

Sat Apr 12	Minesville – Porter's Lake Graham's Grove 10AM 75KM
Sat Apr 19	Stanley – Rawdon St. Croix carpool lot 10AM 85KM
Sat Apr 26	Shubenacadie – South Maitland Stewiacke 10AM 90KM
Sat May 3	Wittenburg – Upper Stewiacke Milford 9AM 120KM
Sat May 10	New Germany – Northfield Mahone Bay 9AM 115KM
Sat May 17	Fleche Maritime (team 24-hour randonnee) Pre-registration only – by May 4th
Sat May 17	Beaverbank – Rawdon Graham's Grove- 8AM 165KM
Sat May 24	Kennetcook – South Maitland 200k Brevet Graham's Grove 8AM 200KM
Sat May 24	Nine Mile River Graham's Grove 8AM 110KM
Sat May 31	Berwick – Chester 300km Brevet Halifax Rotary 6AM 300KM
Sat May 31	East Uniacke Halifax Rotary 6AM 95KM
Sat June 7	Sheet Harbour – Stellarton 400k Brevet Graham's Grove MIDNIGHT 400KM
Sat June 14	Wentworth – Nuttby Lower Onslow 9AM 130KM
Sat June 21/ Sun June 22	Shelburne – Annapolis 600k Brevet Halifax Rotary 5AM 600KM

LONG DISTANCE CYCLING CLUB 2008 RIDE SCHEDULE

Sat July 5	Peggy's Cove Halifax Rotary 7AM 95KM
Sat July 19	Tri-Province Tour: PEI/NB/NS In A Day The only ride in Canada where you can cycle three provinces in one day! Pre-registration by June 28 - Mark 455-2878 Wood Islands PEI 6AM 275KM
Sat Aug 2	PEI Tip-To-Tip – Fundraiser Ride "Biking For Breakfast" organized by Summerside Cycling Club Details www.bikingforbreakfast.com
Fri Aug 1/ Mon Aug 3	Ottawa – Toronto – Ottawa 1000km brevet organized by Randonneurs Ontario Pre-registration required
Sat Aug 16	Scotsburn – Wentworth Lower Onslow 8AM 200KM
Sat Aug 30	Cabot Trail In A Day Pre-registration only – Dave 860-0520 Margaree Harbour 6AM 300KM
Sat Sept 13	New Ross – Newburne Chester Basin 10AM 100KM
Sun Sept 21	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 Oct 4	Pleasant River – Pleasantville Bridgewater 10AM 100KM
Sat Oct 11	Peggy's Cove Halifax Rotary 9AM 100KM

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:

Mark Beaver 455-2878 (h)

Ted Reynolds 423-8693 (h)



2008 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