

RANDONNEURS NOVA SCOTIA 2009 RIDE SCHEDULE

Sat Apr 11	Minesville – Porter’s Lake Elmsdale Tims 10AM 70KM
Sat Apr 18	Brooklyn – Stanley St. Croix carpool lot 10AM 100KM
Sat Apr 25	Dollar Lake Loop Graham’s Grove 9AM 120KM
Sat May 2	Spring Century Sunnyside Tims 8AM 160KM
Sat May 9	Berwick – Annapolis 200k brevet Coldbrook 8AM 200KM Pre-register by May 5th
Sat May 16	Hardwood Lands – Wittenburg Enfield - 10AM 90KM
Sat May 23	Kennetcook – South Maitland 200km Brevet Graham’s Grove 8AM 200KM Pre-register by May 19th
Sat May 23	Beaver Bank – Nine Mile River Graham’s Grove 8AM 105KM
Sat May 30	Chester – Berwick 300km Brevet Halifax Rotary 6AM 300KM Pre-register by May 26th
Sat June 6	Rawdon – Middleton – Bridgewater 400k Graham’s Grove MIDNIGHT 400KM Pre-register by June 3
Sat June 13	Lunch at The Spitfire Arms Sunnyside Tims 9AM 120KM
Sat June 20/ Sun June 21	Sherbrooke – Antigonish 600k Brevet Grahams Grove 5AM 600KM

LONG DISTANCE CYCLING CLUB 2009 RIDE SCHEDULE

Sat June 27	Wentworth – Nuttby Lower Onslow 9AM 130KM
Wed July 1 - Fri July 3	Sheet Hbr – Brookfield – Yarmouth 1000km Grahams Grove 5AM 1000KM Pre-registration by June 25
Sat July 18	Walton – Kennetcook Sunnyside Tims 8AM 180KM
Sat Aug 1	PEI Tip-To-Tip – Fundraiser Ride “Biking For Breakfast” organized by Summerside Cycling Club Details www.bikingforbreakfast.com
Sat Aug 22	Aspotogan Loop Halifax Rotary 9AM 150KM
Sat Aug 29	Seaforth – Lake Echo Grahams Grove 9AM 70KM
Sat Sept 12	Earlton – Eastville Brookfield 9AM 160KM
Sun Sept 20	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 26	New Germany – Northfield Mahone Bay 10AM 120KM
Sat Oct 3	Annapolis Valley 200km Port Williams 8AM 200KM
Sat Oct 10	Peggy’s Cove Halifax Rotary 9AM 95KM

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 – Dave Ross 441-3960

Treasurer - Mark Beaver 455-2878



2009 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