

RANDONNEURS NOVA SCOTIA 2013 RIDE SCHEDULE

Sat Mar 30	Minesville – Seaforth Graham's Grove 10AM 75KM
Sat Apr 6	Gays River – Stewiacke Elmsdale Tims 10AM 70KM
Sat Apr 13	Stanley – Rawdon St. Croix carpool lot 10AM 85KM
Sat Apr 20	Shubenacadie – South Maitland Stewiacke 10AM 90KM
Sat Apr 27	Dollar Lake Loop Graham's Grove 9AM 120KM
Sat May 4	Beaverbank – Rawdon Graham's Grove 8AM 160KM
Sat May 11	Scotsburn – Wentworth 200k Brevet Lower Onslow 8AM 200KM
Sat May 11	Wentworth – Nuttby Lower Onslow 8AM 130KM
Sat May 18	Fleche Maritime (team 24-hour randonnee) Pre-registration only – by May 11th
Sat May 25	Kennetcook – South Maitland 200k Brevet Graham's Grove 8AM 200KM
Sat May 25	Rawdon – Brookfield escort ride Graham's Grove 8AM 150KM
Sat June 1	Westville – Brookfield 300km Brevet Graham's Grove 6AM 300KM
Sat June 1	Wittenburg – Nine Mile River escort ride Graham's Grove 6AM 161KM
Sat June 8	Bridgewater – Middleton 400k Brevet Armdale roundabout MIDNIGHT 400KM
Sat June 15	Peggy's Cove Halifax Rotary 7AM 95KM

LONG DISTANCE CYCLING CLUB 2013 RIDE SCHEDULE

Sat June 22/ Sun June 23	Sherbrooke – Wallace 600k Brevet Graham's Grove 6AM 600KM
Sat July 6/ Mon July 8	Fredericton – Rexton 1000k Brevet pre-register by June 23 rd - Mark 455-2878 Graham's Grove 5AM 1000KM
Sat July 20	Nuttby – Eastville century Brookfield 9AM 160KM
Sat Aug 3	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 July 18 th - Mark 455-2878 Wood Islands PEI 6AM 285KM
Sun Aug 11	Heart Of The Valley Century Organized by the town of Middleton
Sat Aug 24	Clam Harbour Loop Graham's Grove 9AM 160KM
Sat Sept 14	Lunenburg – Bridgewater Lunenburg 9AM 100KM
Sun Sept 22	Joseph Howe Century Tour Atlantic Canada's oldest and largest century ride Organized by Velo Halifax Bicycle Club Graham's Grove 8AM 160 KM
Sun Sept 29	Annapolis Valley 200 Coldbrook 8AM 200KM
Sat Oct 5	Cabot Trail 300 Preregistration required 300KM
Sat Oct 19	Hubbards 'n back Armdale Roundabout 10AM 100KM
Sat Oct 26	Peggy's Cove Armdale Roundabout 10AM 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 \$45 per year (which includes membership in Bicycle Nova Scotia) 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:

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www.randonneurs.ns.ca



2013 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

