



GATINEAU MONT-TREMBLANT CHALLENGE

June 3 & 4, 2017

Our goal is to offer maximum support and security so you can have fun.

PARTICIPANTS' GUIDE

Thank you for taking part in the 2017 Gatineau Mont-Tremblant Challenge! We are thrilled to see so many return participants and excited to welcome new faces. Thank you for your support.

This document contains important information and instructions for cyclists. Please read carefully.

Consult our Web site www.gatineautremblant.ca and our [Facebook page](#) for up-to-date information.

Route

Consult the route on our [Web site](#).

Preparation, check-in and departure



- Please bring no more than 1 bag per person and identify it with your name.
- Avoid transporting bottles (alcohol) as there is risk of breakage and it is added weight for our volunteers and transport vehicles.
- Plan to bring everything you'll need on the road : gels, bars, supplements, full water bottles, sunscreen, Ziploc bags, rain gear and extra tubes.
- Registration is obligatory! From 7 to 8 a.m. When you register, we will confirm your hotel. Be sure to drop your bag off in the corresponding baggage truck.
- If you have not made your payment, please bring exact change (cash) to finalize your registration.
- The hotels require one credit card per room.

Rules of the road and support

- This is not a race.
- Everyone (cyclists, volunteers and escorts) must obey the rules of the road at all times.
- Never cross the yellow line.
- Any cyclist who does not respect the designated route, or who passes the lead vehicle, will not be supported.



- Municipal by-law requires that we remain in groups of 15, single file, within city limits. Volunteers will be stationed at key intersections to guide you.



- Once outside the city of Gatineau, the Sureté du Québec will meet us and we will form pelotons grouped by speed. This will ensure the safety of all participants. Behind the lead vehicle and in front of the sag wagon, is where we can offer cyclists maximum support and security.

- Our “encadreurs” or cycling escorts are there to help you and to ensure that everyone is comfortable and

safe. Please be courteous with them. They are identified by coloured ribbons according to the peloton.

- Please work to keep pelotons together. Stronger cyclists should take longer rotations and adjust the group’s speed if needed. Slow down after climbs and wait for all riders in your group.
- In addition to Sureté du Québec vehicles, mechanics (Pecco’s and Vélofix and a nurse will be circulating among the pelotons.
- If a cyclist cannot keep up with their group, we will ask them to transfer to a slower group. If a cyclist cannot keep up, they will be asked to get in a vehicle, so we can respect our schedule.
- If a cyclist wants to join a faster group, they can do so in Chénéville by taking a shorter lunch stop and leaving with the group of their choice. Our sag wagons will not transport cyclists from a slower group to a faster one.
- In case of mechanical problems or a flat tire, cyclists should raise their hand and pull over to the right shoulder. You can attempt the repair but do not delay the group. Please stay put and when the mechanic arrives, he will take care of the repair and drop you at the front of the group, or at the next rest stop, according to the distance remaining.
- Please note that our mechanics offer minor repairs.
- Tri bikes are permitted but please no aero bars in the peloton.
- Please don’t throw junk on the side of the road, you have pockets and there are garbage cans at stops.



**DEPARTURE
FROM :**

**Gatineau
Casino Lac-
Leamy Parking
lot P5
1 Casino Blvd.**

**Registration starts
at 7 a.m.
Departure 8:30
a.m.**

Or

**Thurso
Guy Lafleur
Arena, 177 rue
Galipeau**

**Registration starts
9:30 a.m.
Departure 10:30
a.m. (approx.)**

**SUNDAY
DEPARTURE
8:30 a.m.**

SCHEDULE

SATURDAY JUNE 3

Gatineau (toilets are available)

Parking, registration and departure from parking lot P5 at Casino Lac-Leamy (as you enter the site, stay left toward Réno-Dépôt and look for our volunteers who will guide you)

7h – 8h Registration and baggage drop

8h05 Welcome speech and group photo

8h15 to 8h25 Security briefings

8h30 Departure (groups of 15)

Thurso (Guy Lafleur arena) (toilet available)

Cyclists leaving from Thurso must use their own transportation. Parking and departure from Guy Lafleur arena.

9h30 to 10h15 Registration

10h25 (approx.) Security briefing for cyclists joining the pelotons

10h30 (approx.) Departure with your peloton

11h30 Site closes

Chénéville

11h to 14h lunch at the community centre. You will have access to your bags.

Departure between 12h and 14h.

Saint-Rémi-d'Amherst (last fuel stop, in the park)

12h30 to 16h30. Toilets and water available.

Arrival Mont-Tremblant

Place des Voyageurs between 14h30 and 17h30. Volunteers will guide you.

Cocktail and dinner at the Chalet des voyageurs (Tremblant conference centre) 161, Curé-Deslauriers street

Cocktail from 17h30 to 18h30

Dinner from 18h30 to 20h. Beer and wine available for purchase.

Massages

Massages will be available once again this year during cocktail/dinner. A representative will be on hand at registration to take reservations if you have not already done so.

SUNDAY JUNE 4

6h to 7h30 breakfast at your hotel.

Between 7h30-8h check out of your room and drop off your baggage

8h to 8h15 cyclists meet at Place des Voyageurs

8h15 Briefing

8h30 Departure

Chénéville

Lunch (boxes) from 10h30 to 13h. You will have access to your bags.



Thurso (Guy Lafleur arena)
Fuel stop 12h to 15h30, water available.

Arrival at Casino Lac-Leamy between 13h30 and 18h.



**Congratulations on completing the
challenge, we hope to see you next year!**

--Les Rouleurs des casinos



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