



GATINEAU MONT-TREMBLANT CHALLENGE

June 1 & 2, 2019

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

Did you know that by participating in our event, you're supporting the Grand Défi Pierre Lavoie whose mission is to create a culture of preventive health in Québec by leading people to adopt healthy life habits.

Thank you for taking part in the 2018 Gatineau Mont-Tremblant Challenge and for supporting [the cause](#)! By taking part in our event, you're helping us take part in the Grand Défi Pierre Lavoie, whose main goal is to get people to adopt a healthy lifestyle and create a culture of preventive health.

PARTICIPANTS' GUIDE

This document contains important information and instructions for cyclists. Please read carefully and consult our [Web](#) site www.gatineautremblant.ca and our [Facebook page](#) for up-to-date information.

Route

Consult the [route](#) on our Web site. Garmin and RideWithGPS links are available.

Preparation, check-in and departure

- One (1) bag per person and identify it with your name. Avoid transporting bottles (alcohol) as there is a risk of breakage; 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 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.



Please read the guide to help with your preparation.

Rules of the road and support

- This is not a race.
- Everyone 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.
- This year, our "encadreurs" or cycling escorts will accompany the last group only, but we will assign one vehicle (van, truck or motorcycle) to each group.
- 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.
- Mechanics (Polo Vélo) as well as a nurse will circulate among the pelotons. Please note that mechanics offer basic repairs only.
- 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 take a break 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.
- 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.



Remain in groups of 15, single file. Volunteers at key intersections will guide you.

SCHEDULE

SATURDAY JUNE 2

Gatineau (toilets 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 get there using 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.
Cocktails and dinner at the Tremblant conference centre located at 161, Curé-Deslauriers street
Cocktail 17h30 to 18h30
Dinner 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.



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.**

SUNDAY JUNE 3

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.



Les Rouleurs des casinos--Fred, Catherine, Martin, Marco and Camille

As the event approaches, consult our Web site www.gatineautremblant.ca and [Facebook page](#) for updates and news.

**Congratulations on completing
the challenge and supporting a
great cause!**