

LES 100 À B7 **GRAVEL RIDE** **RACE-INFO**

SUNDAY, SEPTEMBER 27th, 2020

« A chance to discover
Lyne Bessette's top
training trails! »

Organised by

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Nicolas Legault



PRESENTATION

Les 100 À B7 Gravel Ride

« Come discover Lyne Bessette's top training trails! »

On Sunday, September 27th, 2020, the Brome-Missisquoi county will be hosting its 7th edition of the Gravel Ride « Les 100 à B7 ». Over 700 cyclists and runners are expected to come spend the day in the area and challenge themselves on its back trails and dirt roads.

This gravel ride is open to everyone from experienced cyclists who want to push their own limits to passionate athletes who are looking to enjoy a great ride at their own pace through the country. A pleasant way of riding while enjoying the beautiful region and discovering the scenery that is likely to make every kilometer unique! The participants are invited to travel the hills and valleys and to discover the routes that are home to athlete Lyne Bessette's workouts. Being from the region, Lyne shares the secret corners and paths that only locals ever get to explore.

START/FINISH

Centre National de Cyclisme de Bromont (CNCB) located at 400, Shefford , Bromont (Québec) J2L 3E7
Or

Mont-Sutton, depending on the progress with the work on the Sylvan Adams Velodrome and Desjardins Multisport Centre*

* Rest assured that we will keep you informed of the exact location well in advance of the event.

SIMPLIFIED SCHEDULE

SUNDAY, SEPTEMBER 27th, 2020

6:00 to 8:30 a.m.	Bib pick-up at the Centre National de Cyclisme de Bromont or Mont Sutton*
9:00 a.m.	Start of the <i>Les 100 à B7 Gravel Ride</i>
Noon	Buffet opens
5:30 p.m.	End of the event

PARKING FOR PARTICIPANTS

- Centre National de Cyclisme de Bromont (400, Shefford rd)
- P4 Parking lot at Bromont, Montagne d'Expériences. On-site shuttle services.

HOW TO GET THERE

Centre National de Cyclisme de Bromont

- Highway 10 (Eastern Townships)
- Take exit 78
- Follow all signs for Bromont
- At the 3rd set of lights, turn left onto Shefford rd.
- The center is 400m on your left.



REGISTRATION

Pre-registration takes place on our site: 100b7.com/

You have until midnight on Thursday, September 24th to register online

COST

Cycling

- Free for participants under age 20
- 65\$ registration before December the 14th, 2019
- 75\$ registration before April 1st, 2020
- 85\$ registration before July 1st, 2020
- 95\$ registration before September 7th, 2020
- 120\$ registration before September the 24th, 2020

Run

- Free for participants under age 20
 - 55\$ registration before May 30th, 2020
 - 65\$ registration before August 30th, 2020
 - 75\$ registration before September 24th, 2020
- * plus administrative fees.

Registration includes:

- Security detail and first aid services
- Feed zones
- Health services at the start, on the course, and at the finish including showers
- A fabulous BBQ at the end of the course which includes music and a free drink for all participants
- Fries from the best food truck in town, *La Faim Renard*
- Timed segments via Strava
- A commemorative glass with the event's effigy
- Surprises





LICENSE/WAIVER

All cyclists who do not have an annual membership with the FQSC will need to have a one-day license which provides them with both liability and accident coverage for the duration of the event (the cost per license is determined by the number of participants in the event).

Canadian cyclists from outside the province of Quebec will need to have a national license issued by Cycling Canada, except for Ontario residents who live in Ottawa. All cyclists from outside Canada must have an international license (UCI) in order to participate in this open cycling event.

It is possible for you to sign a waiver when you register. By signing the waiver in advance, you will not need to sign it on the day of the event. It will save time as we will only need to give you your bib.

Courses

95% of the course is gravel. We highly recommend the use of a cyclo-cross or a road bike with 25 or 28mm tires. Mountain bikes are also allowed onto the course. For your own safety, sunglasses are mandatory for the race.

The 100km course will only be timed in specific sections thanks to Strava segments. You can create a free account on their site and download the application on your smart phone. Strava is also compatible with Garmin counters. Winners will not necessarily be those who come in first, but rather those who were the fastest in the timed segments, hence giving everyone a chance to appreciate the ride.

Please note that cyclists will need to take care of their own tire repairs. The official course will only be revealed on the day of the ride.

Course #1

70 km: Gravel roads and special access to a trail which is on a very kind gentleman's property. For riders under the age of 14, this is the only possible course.

Course #2

115 km: A combination of gravel roads, old abandoned roads, and 4-wheeler and mountain bike trails. Suggested bikes: cyclo-cross. Road bikes are not recommended.

Course #3

23 km: Gravel roads, hiking trails, bike trails and private land access. We recently added this run as a way of going back to Lyne's roots. After all, she was a runner before she ever became a biker!



Security on the course

At intersections, volunteers will be positioned in such a way as to warn cars that they are entering a sector where a riding event is taking place. We will have plenty of volunteers on hand to direct traffic and ensure the safety of our riders. Signaling staff traveling on motorbikes will also join the safety squad wherever need be. All those in charge of signaling will be easily identifiable with their orange vests. Every volunteer will be carrying flags and whistles. They all have a good understanding of their role and carry a contact list for all emergencies.

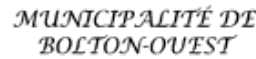
Professional first-aid staff are also part of the team of volunteers. A special first aid station will be set-up at the finish line.

Three teams of bikers supported by the local Bromont police services will be at the Start to ensure the safety and security of the leading pack of riders.

Lodging

CNCB: A few spots are available at the Bromont National Cycling Centre. For reservations: 450.534.3333

PARTNERS



Erablière Murmures du printemps



ORGANIZERS' CONTACT INFORMATION

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Person in charge of event security

Marie Jasmine Fortier

