



ROULEZ POUR UN VŒU 

# *Rider's Kit*

## *Cyclist's Kit*

[www.makeawishqc/48hourscycling](http://www.makeawishqc/48hourscycling)

### Introduction

Starting at noon, September 17<sup>th</sup>, until 1 p.m., September 19<sup>th</sup>, some 40 teams of six cyclists will be taking part in a 48-hour bike-a-thon on the Gilles-Villeneuve Circuit in order to raise the profile of the Make-A-Wish/Fais-Un-Vœu Québec Foundation and raise funds for this organization. The funds collected through this remarkable initiative will be used to finance the granting of wishes of children with a life threatening medical condition.

**Where:** The event will be held on the Gilles-Villeneuve Circuit of Jean-Drapeau Park. Make your way to the P4 parking lot, located near the paddocks where the start will be held.



### Making your way there:

Both the start and finish will occur in front of the paddocks located on the Gilles-Villeneuve Circuit. Some signage will be identified in the colors of the event in order to guide you to the right place. The parking to be used is the P4 parking lot located beside the paddocks; follow the indications to get there.



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YOU CAN ALSO MAKE YOUR WAY TO JEAN-DRAPEAU PARK AND THEN VISUALIZE THE DIRECTIONS POSTED ON THE INTERACTIVE MAP.

- **Automobile**

From Montreal, take Jacques-Cartier Bridge, exit Parc-des-Îles or, yet again, take de la Concorde Bridge via Autoroute 10 (Bonaventure Expressway) and then follow the indications for Jean-Drapeau Park (parking P4)

- **By public transit**

On the yellow line, you'll find the Parc-des-Îles station. Head toward the Gilles-Villeneuve Circuit and the P4 parking (consult [www.stm.info](http://www.stm.info) for further information).

- **P4 Parking**

Please note that all Jean-Drapeau Park parking lots are paying. We'll provide you with a parking permit for the P4 parking lot, but we also encourage you to car pool to get to the event.

## Program

**48-HOUR RIDE:** The event will kick off at noon Friday, September 17<sup>th</sup> and end at 1 p.m. Sunday, September 19<sup>th</sup>.

### Friday, September 17:

- **9:30 a.m. – 11:30 a.m.:** Team registrations (captain or representative) at officials' table and set-up of tents & other material
- **11 a.m.:** Meeting with captains or their alternate for general instructions
- **12 p.m.:** Start of 48-Hour Ride for Wishes of the Québec Make-A-Wish Foundation
- **11 a.m. to 1 p.m.:** Lunch boxes will be available under the marquee
- **6 p.m. to 8 p.m.:** Hot supper served under the marquee
- **Midnight:** Lunch boxes will be available under the marquee

### **Saturday, September 18**

- **6 a.m. to 8 a.m.:** Breakfast served under the marquee
- **10 a.m. to 2 p.m.:** Lunch boxes available under the marquee
- **6 p.m. to 8 p.m.:** Hot supper served under the marquee
- **7 p.m. to 8 p.m.:** *General intermission (for all), presentation under the marquee (No cyclist on the track)*
- **Midnight:** Lunch boxes available under the marquee

### **Sunday, September 19**

- **6 a.m. to 8 a.m.:** Breakfast served under the marquee
- **12:30 p.m.:** Beginning of honour lap
- **Until 1 p.m.:** Lunch boxes available under the marquee
- **1 p.m.:** End of the 2010 48-HOUR RIDE FOR WISHES and presentation of cheque to the Québec Make-A-Wish/Fais-Un-Vœu Foundation

### **Communication with the teams:**

The team captain is the spokesperson for his team members with the organizers of the event and vice-versa. In order to facilitate communications, we'll only communicate with the captain who shall then pass along the information to his fellow team members. If, for any reason, the captain was not available, an alternate should be appointed to assume his role.

### **For your comfort:**

Being on the site for some 48 hours, you'll probably need the following items: a tent (for more privacy) and lock (for additional safety), a sleeping bag, a pillow, a mattress, a cover, a flashlight, a towel and toiletries. Ear plugs and sleeping eye patches or shades could provide you even more comfort. Self-supporting tents and mattresses can only be installed within the area designated for that purpose (paddocks).

Beyond this rest area, we will authorize any reasonable installations to assure the team's comfort. Also, why don't you bring some comfortable chairs that you'll want to place near the track to encourage your team members. Please contact us should you have "tents" sponsored by your partners.

Given that the event will be held even if it rains, we recommend that you bring along one or many changes of clothing. A raincoat could also prove very useful!

As the event will take place at the end of September, the nights could be rather cool; a few sweaters will keep you warm while you are waiting. Other items such as tuques, hot gloves, cycling pants and a warm coat could be very useful.

### ***Gilles-Villeneuve Circuit***

**The course:** the event will take place directly on the Gilles Villeneuve Circuit. As the Circuit is not exclusively reserved for the event, other people will be circulating on the track. Blue markers along the length of the course will define the boundaries of the areas reserved for cyclists and automobiles. For your safety, it's important that you remain within these markers.

**Courtesy:** As is the case on a roadway, cyclists whose cruising speed is slower are invited to remain on the right to allow faster cyclists to pass them on the left. Courtesy is required at all times and this, both with other participants and other people circulating on the circuit!

### ***Team spirit and safety***

**Rest area:** The captain is responsible for keeping clean the paddock space assigned to his team.

Knowing full well that certain people will try to relax within the paddocks, we recommend that you avoid being too noisy within this space.

**Safety:** If you haven't already done so, it's important that your bicycle be equipped with night lights, for maximum visibility at night. We also recommend that you wear night vision high visibility clothing when you circulate at night.

Please note that access to the site is closed between 11 p.m. and 6:30 a.m. During those hours, you may leave the site but you will be unable to re-enter.

**The cafeteria under the marquee:**

The marquee is the place where you will find something to eat or a snack at all times. This service is offered free-of-charge both in the daytime and at night.

You can bring your own food. However, we would request that you avoid glass containers, as much as possible.

It is forbidden to bring any ancillary equipment to cook your food.

Also, it is worthwhile mentioning that, at this time of the year, the beach restaurants are closed.

**Shower:**

The showers in the athletes' quarters are available to participants. To gain access to these showers, all you need to do is present yourself to the officials' table and obtain your magnetic card for 24-hour access to the showers.

**Animation:**

In addition to the meal offerings, the stage for the animations scheduled in the mornings and afternoons is also found under the marquee.

### **Friendly advice:**

Any items of value should be kept in your car, the parking lot being located near the paddocks. Also, it is recommended that a team member always be present near your rest area.

### **Practical advice:**

- Hydration is the wise cyclist's #1 friend. Many beverages will be available under the marquee; don't hesitate to ask for them.
- Volunteers will be on location during the event to answer your questions.
- A regular rotation of cyclists is recommended to avoid excessive fatigue by team members.
- In case of rain, make sure that you have the necessary gear.
- And don't forget your sun cream should it be very sunny.

### **The answers you're looking for:**

- **Where is the first-aid station located?**  
Within the paddocks.
- **Where are the bathrooms? And the showers?**  
The bathrooms are located within the paddocks. The showers are found in the athletes' quarters.
- **Can I invite supporters to come encourage me?**  
No problem! We'll be glad to welcome them. However, we cannot provide them with the cafeteria service nor the free parking.
- **If I have a problem with my bicycle, what should I do?**  
A mechanical workshop will be open during the event in order to provide technical support.
- **Is the parking lot truly near the venue of the event?**  
Parking lot P4 is located very near the paddocks, thereby allowing you quick and easy access to your car.
- **Can I leave the site during the event and come back later?**  
Yes, just make sure that you have your parking vignette with you upon returning, as otherwise you'll have to pay for your parking. Also, please remember that access to Jean-Drapeau Park is closed between 11 p.m. and 6:30 a.m.

## *Rules for cyclists*

### **General information and novelties this year**

- The following bicycles (road, hybrid, mountain and cyclo-cross) are allowed, inasmuch as they are in a good state of repair. All other types of bicycles or means of locomotion are disallowed.
- Children's bike trailers and seats attached to the rear of bicycles are not allowed during the event. Animals are prohibited from circulating on the track.
- Children aged 15 and over may participate in the 48-Hour Ride.
- Racing bibs and silicon chips shall be handed to the team captains the day of the event.
- Wearing of a rigid, standard-compliant helmet is mandatory for all participants. I wear my helmet at all times.
- A team jersey (shirt of the same color) is mandatory for the event. This jersey may be purchased in a store at the team's discretion or simply be identified in the team's colors. Each team is responsible for obtaining its own jersey.

### **Before the event**

- I wear my helmet at all times during the warm-up period.
- I make sure that my bicycle is in good running order.
- I put on my racing bib and the designated cyclist grabs the silicon chip.
- I enquire about the event's general and specific rules.

### **During the event**

- Team members may assist their team-mate wearing the silicon chip do more laps by acting as "wind-breakers". In order to avoid an accident, the silicon chip may only be transferred in the starting area outside the finish line which is a protected area. More than one team member at a time may pedal on the track. However, only the wearer of the chip is monitored for the number of laps achieved.
- I always behave in a sportsmanlike fashion and respect the other participants.
- In case of a flat tire on the track, I raise my arm to signal that I'm about to slow down, I let the pack through and I stop on the right-hand side of the roadway.
- I do not let go completely of my handlebar when feeding myself and I do not throw anything on the track.
- When cycling as part of a pack, I always signal any last-second obstacles and avoid swerving suddenly.
- The left-hand lane is intended for the lead pack and for overtaking. It must be free at all times.

### **After the event**

- Once the event is over, I never cross the finish line a second time, whether in one direction or the other.
- I do not bother the stewards to learn my results more quickly; I let them do their job unhindered.
- I consult the results as soon as they are posted.