

100% Feminin ride with Karol-Ann Canuel

Pre-Event Info Pack

- > The 100% ride is not a race but a fun and friendly day together enjoying some of Gatineau's most beautiful but less ridden roads.
- > Strictly speaking this is not a guided event but a semi-supported ride - we will have support vehicles on hand in case of an emergency and experienced riders to show you around but please come prepared and expect to be self-sufficient as much as possible.
- > We will start in small groups to fit all different speeds. We recommend that you pick a group that suits you. You will self select into groups in the morning and we can help you with this.
- > You are welcome to ride as fast or slow as you wish but please, safety comes first. **Obey all traffic laws as the roads will be open to other traffic.**
- > Don't forget to enjoy the beautiful views along the way - with this in mind please be respectful of the natural beauty we are lucky to have on our doorstep. Put wrappers back in your pockets, use the garbage we have at the start, rest stop and finish, etc.
- > We love our Québec roads but sometimes they can be in rough shape. Keep in mind to point out any potholes when you are in a group.

DREAM TEAM

> A big shout out to our friends at The British, KSL, Skratch Labs, The Movement Co. The Cyclery, Onibi, Sox Footwear, FQSC & Sports Cyclistes Outaouais for supporting this third edition of this 100% women's ride. Without their support we would not be able to create such extraordinary experiences.

ROUTE REVEAL

These routes are part of Karol-Ann's favorite training rides when she is in the region. Since her favorite race is Strada Bianche, we decided to add a little bit of gravel. Both routes are designed with a standard road bike in mind, but bring whatever bike you think you'll have the most fun on! The gravel is smooth and packed - usually better quality than the "paved" road before it!

****Download the route via our website: <https://ride100prcntfem.ca/en/>**

- **65km** : <https://www.strava.com/routes/3248200571392369000>
- **120km**: <https://www.strava.com/routes/3248200794375345512>

> **Please download the route onto your Wahoo/Garmin/equivalent head unit before Sunday.**

> The ride leaders will know where to go but there will not be any arrows on the course to indicate the route.

SIGN IN

- > The sign in, start of the ride and pre ride instructions will be done at the 100% tent in the Courtyard of the British on Sunday morning. (71 rue Principale, Gatineau, Québec, J9H 3L6)
- > You'll collect your brevet card, free coffee and snacks
- > If you come to the ride by car, you can park at the Arena Frank Robinson at 96 Rue du Patrimoine, Gatineau, QC J9H 3P4, or find street parking in the neighborhood.

BREVET CARD

When you sign on you will be given your 100% Feminin brevet style card which will be your “checklist” for the day. You will need to keep this with you in order to claim your coffee, feed station snacks, post-ride drinks and goodies.

SUNDAY SCHEDULE

9-10 AM: Registration confirmation for the 120km route

9:50 AM: Formation of groups

10 AM: Departure of the 120km route

10-11 AM: Registration confirmation for the 65km route

10:50 AM: Formation of groups

11 AM: Departure of the 65km route

2-4 PM: Arrival of participants

5 PM: End of activities

DEPARTURE

There will be one full group briefing 10min before the official start and we will roll out in staggered smaller groups, a few minutes apart. Each group will be of 10 riders max including the ride leaders.

Each group will have a ride leader who is a female athlete on her way to becoming a professional cy-clist.

MID RIDE STOP

There is a mid-ride stop planned for both rides. Please stop and enjoy what we have put together for you. We will have baked goods, Skratch Labs, water from our partner Onibi and other refreshments waiting for you.

>The stop will be at the Luskville Dragway. The address: 800 Lamoureux Rd. Luskville, Quebec.

>The Dragway also features a full sit down restaurant if you are looking for a more hearty meal.

>For the 120km course, the feed stop is at km 85. We recommend you also stop at km 42 to fill up your bottle at the natural spring water fountain on the descent coming into Wakefield.

>For the 65km course, the feed stop is at km 32.

>We'll have cars on the road with water as well

POST RIDE

- > Go back to The British to get the presents we have prepared for you. Big thank you to all our partners that have collaborated to give away some special gifts for you
- > Don't forget to claim your free drink at The British.
- > There will be a room at the British where you can leave your bike safely while you enjoy your free drink.

POST EVENT

- > We will share a full pack of event photos from our photographers Hollydays Videography (@hollydays.videography) and Grégoire Crevier (@ontherivetphoto).

COVID PRECAUTIONS

- > Please be respectful of your fellow riders, use hand sanitizer throughout the day and avoid close contact with each other.
- > We will be taking extra care and encouraging you to do the same before, during and after the ride, especially at the lunch stop.

WEATHER AND CLOTHING

- > Check your favorite weather app in the morning and come prepared.
- > A reminder that sleeveless jerseys are not allowed

BIKE CHECK AND SPARES

- > Please give your road bike a thorough check before Sunday and make sure you have plenty of spares and tools with you in case of a puncture.

EMERGENCY NUMBERS

Please save these in your phone. If you have a medical emergency, you should call 911 immediately.

Karol-Ann 873-455-7081

Alex (Logistique) 613-800-0180

Graham (Mechanical support) 613-818-3158

Nathalie Marcotte (nurse): 819-727-9180

Phongsavahn Tchen (nurse): 819-208-8232

See you on Sunday!