



# 2020 PARTICIPANT'S MANUAL

It is a pleasure to welcome you to the fourth edition of the Bonneville 808 Challenge, presented by Fenplast and Lowe's Canada, in collaboration with Samson Groupe Conseil/Lussier Dale Parizeau, benefitting the Quebec Foundation for the Athletic Excellence (QFAE).

Inspired by long-distance cycling events, the Bonneville 808 Challenge is a unique experience for cyclists of all calibres who wish to complete a long-distance ride, either solo or with a group.

We thank you for contributing to this fundraising effort benefitting the QFAE, whose mission is to support and guide young student athletes in their academic and sporting careers, from the emergence of their athletic talent through their transition to a career after sports. The Foundation promotes role models in all sports and for all young people, encouraging them to be more active and to eat better, thus inspiring everyone to develop healthy lifestyles.

## COVID-19

The health and safety of our on-site participants, volunteers and bursary recipients are our top concerns and our main priorities. We will make every effort to provide you with a safe and memorable Bonneville 808 Challenge that complies with the health measures set out by the Public Health authorities.

## Public Health Directives – Sports Activities

### General guidelines

- Any person who exhibits symptoms of COVID-19, who is awaiting test results or who has tested positive must follow isolation guidelines. They may not take part in the event.
- Any person who has been in close contact with one or more persons who have COVID-19 must follow the applicable isolation guidelines. They may not take part in the event.
- Any person who has travelled outside of Canada must have completed a 14-day self-isolation period upon their return before they may participate in the event.

### Physical distancing

- Physical distancing guidelines must be complied with at all times, both indoors and outdoors.
- Individuals must stay two (2) metres away from each other unless they are members of the same family or household.
- Participants must comply with all signage and ground markings regarding on-site health measures.

### Hand hygiene and respiratory etiquette

- Hands must be washed as often as possible. Hand sanitizer will be available at strategic locations throughout the site of the event.
- Face coverings must be worn inside all buildings and whenever physical distancing is not possible (at race starts, in lineups, etc.)
- When coughing or sneezing, all persons must cover their mouth and nose using a single-use paper tissue or the inside of their elbow, and then they must wash their hands.
- Single-use paper tissues should be used and immediately thrown into the wastebasket.
- All persons should avoid touching their mouth and eyes with their hands.

Each participant will receive a face covering in their bag at the time of registration.

### Procedure for Challenge starts

- Inspect your bicycle (tire pressure, overall mechanical condition) at the Quilicot kiosk.
- Fill your water containers.
- Check the weather forecast and dress appropriately.
- All cyclists must adhere to their assigned start times.

- Participants will be called in turn at specific times, in small groups of 10 cyclists.
- Cyclists must wear face coverings in the start area and again in the finish line zone.
- Cyclists must position themselves one by one on the ground markings. Once in position and ready to start, they may remove their masks/face coverings.
- Cyclists will depart in single file with a distance of two metres between them. They must comply with the Highway Safety Code.
- Once a group of cyclists has departed, the remaining participants will advance to the ground markings liberated by the group in front of them, while maintaining a distance of two metres between each participant.
- Wait for the start signal.
- Support crew members must comply with all health measures at all times. They will not be admitted to the start area.
- Non-essential physical contact is not permitted between participants, volunteers, staff and support crew (e.g. huddles, handshakes, hugs, etc.).
- Spectators must respect physical distancing guidelines at all times. The wearing of face coverings is strongly encouraged.

### **Procedures for supply stations and transition zones**

**Support vehicles will have access to an area inside the transition zone that is STRICTLY DESIGNATED for their use only and which is SEPARATE from the cyclists' zone.**

- Cyclists must follow the directions for cyclist access.
- They must cross the timing line and then dismount from their bikes in the reception area.
- They must then head to the start area to prepare and/or rest.
- Participants may then resume their rides in a safe manner.

### **Refreshments will be served buffet-style:**

- The organizers will be solely in charge of service at the supply stations.
- For water service, participants must hold their bottles out to the volunteers, who will pour the water directly into the bottles while ensuring there is no contact between the surfaces.
- Participants may not touch or handle food items. The organizers will serve them.
- Please follow the one-way service flow.

- Access to the supply stations will be controlled based on the maximum number of persons allowed.

### Finish line procedures

- Follow the directions to the finish area.
  - o The course will guide participants across the timing line. **\*\*Sprint finishes will NOT be tolerated.\*\***
  - o Once participants have crossed the finish line, they must dismount in the reception area.
- A refreshment service will be available. It will be operated in the same manner as all other supply stations.
- Participants must clear the reception area as quickly as possible to make room for other arriving riders.

### Medal presentations

- Proceed to the medal presentation and final photo area.
- While waiting in line, maintain a distance of 2 metres between yourself and the other participants.
- Take a medal from the podium.
- Step onto the podium and follow the photographer's instructions to have your photo taken.
- No group or team photos will be taken on-site.
- Once the photo has been taken, participants are asked to exit the area in order to make room for the next arriving participants.

### Changes regarding recreational vehicle parking

Due to the COVID-19 pandemic, the P3 parking lot is closed indefinitely. Therefore, no overnight parking is available at the Mont-Tremblant Resort. RVs may park in the rear of the P2 lot, but only for the day. They may not remain overnight.

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The following campgrounds, located near the Mont-Tremblant Resort, are open:

<http://www.campingdiable.ca>

<https://www.campingdelamontagnedargent.com>

<https://www.parkbridge.com/fr-ca/rv-cottages/parc-la-conception>

We wish you an excellent challenge!

- The organizing committee

# Thank you to our partners and suppliers

Presented by:



MEMBRE DU GROUPE



Lussier Dale Parizeau  
Cabinet de services financiers

Major partners:



Certified RAAM  
qualification event



Partners:



Suppliers:



1st stage

2nd stage

3rd stage

4th stage



FASKEN

115 km loop



# General instructions

- All participants in the 808 km and 404 km events (24 hours continuous) must have a **support vehicle and crew** to accompany them from 7:00 p.m. to 7:00 a.m., that can provide them with food and water, assist them and keep them safe after nightfall.
- **The support vehicle must be inspected and identified at registration.**
- For participants in the daytime events, a support vehicle and crew are **not mandatory**, but those riders will be on their own for the duration of the challenge. If you do have a vehicle, it is subject to the same inspection and identification as the vehicles of night riders.
- **Plan your food supply needs** (water, energy bars, gel, etc.) for a minimum distance of 50 kilometres.
- **No relays** will be permitted between timing stations.
- Pack **clothing for all weather conditions** (long sleeves, jacket, rainwear, etc.).
- Keep your **cell phone** with you at all times (wireless chargers are recommended).
- Transportation **to a timing station** must be arranged for participants who will take over in a relay.
- All **stickers and identification signs** for support vehicles will be provided at registration.
- NEW MINISTRY OF TRANSPORTATION RULES
  - Teams registered in a continuous event must use a revolving warning light from 7:00 p.m. to 7:00 a.m. The revolving warning light must be placed on the roof of the support vehicle that accompanies the cyclist overnight. In addition, cyclists must wear a reflective safety vest on the course from 7:00 p.m. to 7:00 a.m.

# Fundraising

The minimum amount to be raised is determined according to each participant's event. Participants who do not raise the minimum amount must pay the difference at registration in order to participate in their event.



# Participant registration

## Opening hours:

**Thursday, September 17: from 4 p.m. to 9 p.m.**

**Friday, September 18: from 6 a.m. to 10 a.m.  
from 6 p.m. to 8 p.m.**

**Saturday, September 18: from 6 a.m. to 10 p.m.**

**Location:** Quartier Tremblant – Base Camp, at the base of the pedestrian village, Mont-Tremblant Resort. Room: Expedition 1-2.

**Address:** 161 chemin du Curé-Deslauriers, Mont-Tremblant, QC

It is **essential** that cyclists doing a continuous 24-hour challenge have their support vehicle identified **at the same time as they complete their participant registration**.

We strongly recommend that all participants in the **808, 404 and 202 km challenges register in person on Thursday, September 17, or arrive at least one hour before the start of their event on Friday or Saturday.**

## Each participant's kit contains:

- An official event jersey
- A pair of official event cycling shorts (for eligible participants)
- A timing chip
- A bicycle ID plate
- An ID kit for the support vehicle
- A participant's bracelet
- A bracelet for each support crew member (maximum of 2)

**\*For teams, one team member may pick up a kit that contains the items for the entire team.**



## Participants' meeting

**Thursday, September 17, 7:00 p.m. to 8:00 p.m.**

Chalet des Voyageurs

This is a **mandatory** information session for participants registered in the continuous 808 km and 404 km challenges (one member per team only). Event rules and procedures will be explained in detail. The information session will be followed by a question period.

## Planète Courrier Lounge

The **Planète Courrier Lounge** will be open on Friday, September 18 and Saturday, September 19 from 12:00 p.m. to 7:00 p.m.

This large tent will be adjacent to a wide grassy area containing picnic tables, where participants who have completed their challenges may eat their lunch. All health measures that apply to patios and restaurants will be in effect. The number of people allowed in the area at any given time will be controlled. Tables and chairs will be disinfected after the departure of each participant.

## Timing

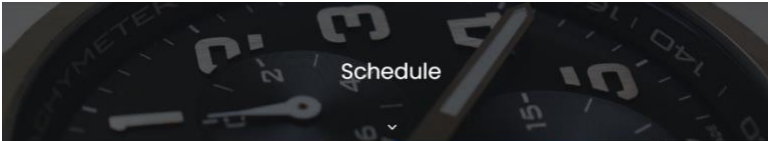
A disposable timing chip will be provided to each participant.

The results will be available online at:  
<https://ms1timing.com/home.php?code=results&id=240&lang=en>

# Lunch

All participants who complete their challenges are officially invited to the **Salon Planète Courrier** tent for a complimentary boxed lunch as of 1:30 p.m. on Friday and Saturday, September 18 and 19.

## OFFICIAL SCHEDULE




Schedule

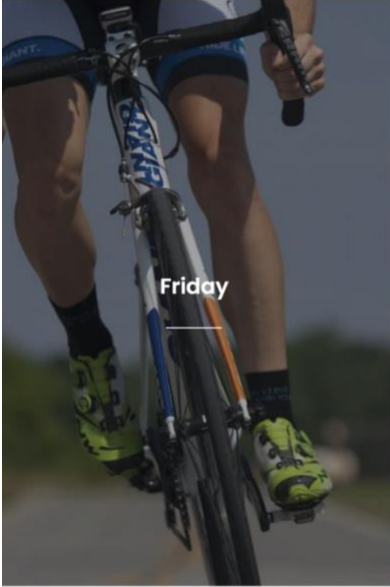
**Thursday, September 17, 2020**

**4:00 p.m. – 9:00 p.m.** Registration – Teams and participants –  
Quartier Tremblant (Base Camp), Expedition Room

**7:00 p.m. – 8:00 p.m.** Meeting for 808 km and 1404 km participants  
only – Chalet des Voyageurs



Thursday



Friday

**Friday, September 18, 2020**

**6:00 a.m. – 10:00 a.m.** Registration – Teams and participants – Quartier  
Tremblant (Base Camp), Expedition Room

**ALL DEPARTURE WAVES WILL START FROM PLACE DES VOYAGEURS**

**7:00 a.m.** 808 departure – Solo

**7:05 a.m.** 808 departure – Teams of 2

**7:10 a.m.** 808 departure – Teams of 4

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**7:15 a.m.** 404 departure – Solo

**7:20 a.m.** 404 departure – Solo (daytime only)

**7:25 a.m.** 404 departure – Teams of 2 (daytime only)

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**7:30 a.m. – 202 departure – Solo**

**9:00 a.m. – 5:00 p.m.** Kiosks and exhibitors open

**10:00 a.m. – 125 loop – Solo / combo 240 solo**

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**1:30 p.m. – Arrivals begin – Lunch offered**

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**6:00 p.m. – 8:00 p.m.** Registration – Teams and participants – Quartier  
Tremblant (Base Camp), Expedition Room

**Saturday, September 19, 2020**

**6:00 a.m. – 10:00 a.m.** Registration – Teams and participants –  
Quartier Tremblant (Base Camp), Expedition Room

**ALL DEPARTURE WAVES WILL START FROM PLACE DES VOYAGEURS**

**7:00 a.m.** 404 departure – Solo (daytime only)

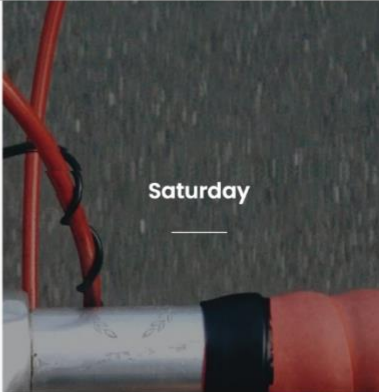
**7:05 a.m.** 404 departure – Teams of 2 (daytime only)

**7:15 a.m.** 202 departure – Solo

**9:00 a.m. – 5:00 p.m.** Kiosks and exhibitors open

**10:00 a.m.** 115 departure – Solo / 240 combo solo

**1:30 p.m.** Arrivals begin – Lunch offered



Saturday

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## Inspection of support vehicles and bicycles

You must report to the vehicle accreditation kiosk (near the Quartier Tremblant – Base Camp archway on Curé-Deslauriers road), where one of the organizers will complete your inspection and show you how to affix the identification materials to your vehicle.

All necessary materials will be provided by the organizers at the time of registration. In addition to the mandatory equipment listed in the rules (including the revolving warning light and the reflective vest to be worn by the cyclist at night), please bring a charger for the cell phone you will be using as a GPS.

The materials for your bike will be included in your participant's kit.

# Relays - Timing stations

## Departures and arrivals: Mont-Tremblant Resort, Mont-Tremblant, QC

The Tremblant Resort is the hub of the event.

Place des Voyageurs, on Des Voyageurs road, is the starting point for all categories. The finish line will be further up the road. Participants who have completed their challenges are asked to exit the arrivals area and proceed to the Participants' Zone on the chapel lawn.

At the end of each stage, there is a timing station that all riders **must** cross. The stations are also the only relay points for teams of two and four. Since the route is formed by southern and northern loops, there are three separate timing stations (also serving as transition zones for teams) on the course.

**Timing stations:** transitions every 100 km

Arundel: end of stages 1 and 5  
<https://ridewithgps.com/routes/19900644>

Mont-Tremblant Resort: end of stages 2, 4, 6 and 8  
<https://ridewithgps.com/routes/28208700>

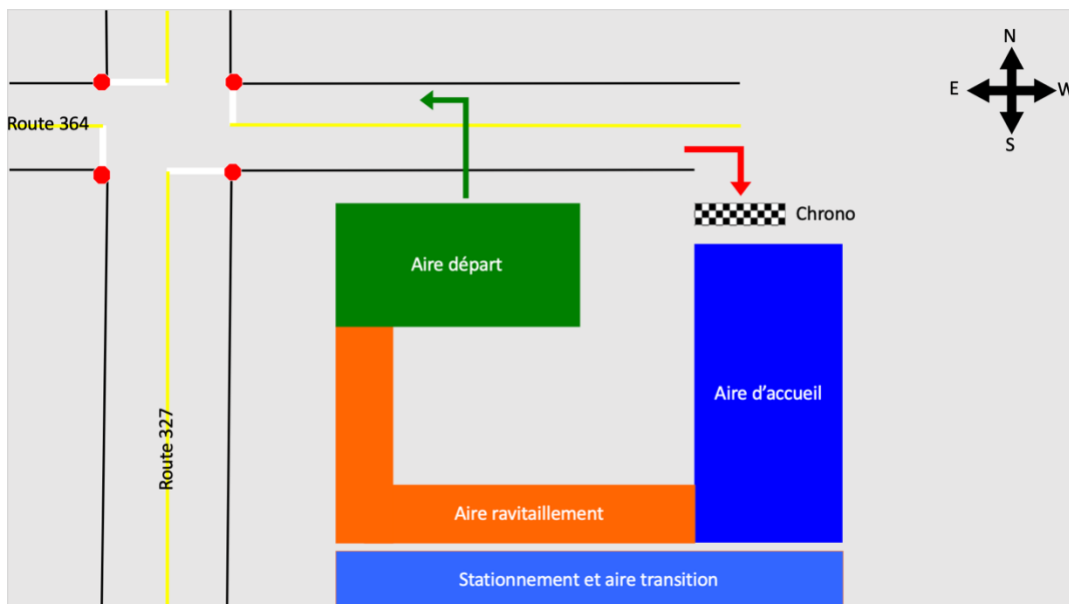
Saint-Donat: end of stages 3 and 7  
<https://ridewithgps.com/routes/22850863>

## Supply stations

Supply stations will be located and identified on the course at intervals of approximately 50 km. Snacks and refreshments will be available (see maps of each stage). Consult the route maps for the locations of the supply stations (<https://defi808bonneville.com/the-routes/>).

- Namur supply station
- Monfort supply station
- Nordet supply station

## Example of a timing and relay station: Arundel station



# The routes

The course is divided into four stages of about 100 km each. Whether solo or in a team, participants must complete each stage before moving on to the next one. At the end of each stage, all participants will proceed through a transition zone, called a timing station, where they can hand off the relay to their teammate or rest before returning to the road.

## The 808 route

Participants must complete the 404 km ride twice in under 48 hours, for a total distance of 808 km and total elevations of more than 8,400 metres. The route crosses through 17 municipalities in the Laurentians, Lanaudière and Outaouais regions and is composed of eight stages of approximately 100 km each. The Arundel, Saint-Donat and Mont-Tremblant Resort timing and relay stations are the points at which teams can do their transitions.

\*Update as of September 14, 2020.

Due to major road work in the Saint-Jovite (downtown) sector of the city of Mont-Tremblant, the organizers have officially modified a segment of Stage 3.

## The 404 route

The 404 km route covers a total of 404 km, with elevations of over 4,200 metres. Composed of four stages of about 100 km each, the route is as follows: departure and arrival at Mont-Tremblant Resort, with timing stations in Arundel, Tremblant and Saint-Donat.

## The 125 route

On the same route as the other challenges, participants will ride towards Arundel. Once at the timing station, instead of continuing on the 202 km loop, they will return immediately towards Tremblant Resort, for a total of 125 km. The 125 course

must be completed in less than 11 hours. Start and finish lines are at Mont-Tremblant Resort.

\*Update as of September 14, 2020.

Due to major road work in the Saint-Jovite (downtown) sector of the city of Mont-Tremblant, the organizers have officially modified the 125 km route and a segment of Stage 3. Please view and download the updated versions of the route maps at <https://defi808bonneville.com/the-routes/>.

### **The 115 km route**

On the same routes as the other challenges, participants will ride towards Saint-Donat via Le Nordet. Once in Saint-Donat, instead of continuing on the 202 km loop, they will return immediately towards Tremblant Resort, for a total of 115 km. The 115 km course must be completed in less than 11 hours. Start and finish lines are at Tremblant Resort.

NEW: E-BIKES ACCEPTED (115 km challenge only)

### **The 240 km route**

Cyclists must complete the 125 km loop towards Arundel on Friday and the 115 km loop towards Saint-Donat on Saturday, for a total of 240 km. The 125 km route must be completed in less than 11 hours on Friday and the 115 km route must be completed in less than 11 hours on Saturday. Start and finish lines are at Tremblant Resort.



# Navigation

- Navigation and knowledge of the course are essential and are the responsibility of participants and their support crews.
- The routes will be identified by signs at important intersections along the road. However, a good navigation device for cyclists is recommended for staying on course and completing the challenge.
- All route stages and cue sheets are available on the “**Ride with GPS**” app, which can be downloaded to a navigation device such as a Garmin or onto an iOS or Android smartphone. The maps can be used in real time or saved to a device in advance.
- The links to the different stages of the course are available in the next section of this guide or on <https://defi808bonneville.com/the-routes/>. We encourage you to familiarize yourself with the stages of your challenge and print the detailed directions.

**\*All support vehicles must be equipped with a GPS navigation system or a smartphone, as well as a revolving warning light.**

**\*To download the required application, please refer to  
APPENDIX 2.**

# 1<sup>st</sup> and 2<sup>nd</sup> Stage

## Stage 1



### Tremblant – Namur – Arundel

The first stage is the shortest (93 km) and has the least elevation gains (883 m). Departing from Tremblant, participants take Montée Ryan to Highway 323, which leads them through the villages of Brébeuf and Amherst to Namur. From there, riders do a U-turn and go back along Hwy 323 to Amherst, turning onto Rockway Valley road for a last sprint toward Huberdeau, finishing at the Arundel timing and supply station.

<https://ridewithgps.com/routes/19900644>

## Stage 2



### Arundel – Wentworth – Tremblant

The second stage is the longest (107 km) and has elevation gains of over 1,129 m. It starts on Highway 364 South and winds through the most scenic farmland in the region. The route does a loop through the villages of Lost River and Montcalm, crossing Lac des Seize-Iles and returning to Arundel before ending at the Tremblant Resort, where the second timing and supply station is located.

<https://ridewithgps.com/routes/28208700>

## 3<sup>rd</sup> and 4<sup>th</sup> Stages

### Stage 3



#### **Tremblant – Le Nordet – Saint-Donat**

The third stage is the most challenging, with elevation gains of 1,357 m and a distance of 103 km. From Tremblant, riders do a short loop to downtown Saint-Jovite. From there, they take the superb Duplessis Road, which runs alongside the rivière du Diable to Lac-Supérieur. They then ride the legendary Nordet road, ending the stage in Saint-Donat with a lap around Lac Archambault. The timing and supply station is located in the heart of the village of Saint-Donat.

<https://ridewithgps.com/routes/22850863>

### Stage 4

## FASKEN

#### **Saint-Donat – Lac Ouareau – Tremblant**

The last stage before returning to Tremblant starts on Highway 125 South and does a lap around Lac Ouareau before heading back toward Tremblant via Nordet road. It then passes through the municipality of Lac-Supérieur and along the sinuous Duplessis road. With one last small loop through the old Tremblant village on Montée Ryan, riders complete the official course and the 404 Challenge. Participants registered in the 808 Challenge then complete the 404 km course a second time.

<https://ridewithgps.com/routes/26625647>



## IMPORTANT INFORMATION FOR PARTICIPANTS IN THE 808 KM EVENT

For the second half of the 808 km challenge, stages 5-6-7-8 are to be ridden in the reverse direction.

### Stage 5

The fifth section is the longest (107 km) and has elevation gains of over 1,176 m. It starts on Highway 327 South and does a loop through Montcalm to Lost River, crosses Lac des Seize-Iles back to Arundel and ends in Tremblant. The route ascends gradually from Lost River until it reaches Montée Ste-Marie. For the return trip along Highway 364, the ride is predominantly downhill to Arundel. The last leg winds through the most scenic farmland in the region and ends at Tremblant Resort, where the second timing and supply station (Tremblant) is located.

<https://ridewithgps.com/routes/19900767>

**Stage 6: Stage 6 is stage 1 in reverse** <https://ridewithgps.com/routes/19900582>

**Stage 7: Stage 7 is stage 4 in reverse** <https://ridewithgps.com/routes/19900596>

**Stage 8: Stage 8 is stage 3 in reverse** <https://ridewithgps.com/routes/19900932>

# **APPENDIX 1**

**Bonneville 808 Challenge  
Official Rules**

# Official Rules: Bonneville 808 Challenge

## GENERAL INFORMATION FOR ALL

### General rules

It is the responsibility of each participant to read and comply with the rules.

The Bonneville 808 Challenge takes place on public roads that will not be closed for the event. This means that participants will be sharing the road with motor vehicles. Therefore, they must ride on the shoulder in single file. Participants must comply with the Highway Safety Code at all times.

Any violation of the rules will be considered as unsporting, unsafe conduct and will be sanctioned by the race manager of the Bonneville 808 Challenge. This officer has the authority to intervene at any time to uphold the safety, fairness and integrity of the Bonneville 808 Challenge.

All individuals associated with the Bonneville 808 Challenge are event ambassadors and must conduct themselves in a manner befitting the values of the Bonneville 808 Challenge.

### Safety and emergencies

Safety is the chief concern for all parties involved in the 808 Challenge. Safety prevails above all other rules and regulations. In the event of an emergency, please call 911.

All accidents, injuries or decisions to drop out of the event must be reported to the 808 Challenge team as promptly as possible by calling Jonathan Collin at (514) 346-7862.

## PARTICIPANTS

### Challenge rules

To be recognized as having officially completed the challenge, all registered participants must complete their challenge in accordance with the following time limits:

**All DAYTIME challenges (125 – 115 – 202 solo and teams of 2 – 404 solo and teams of 2 or 4 – 240 solo)**

End of day: 7:00 p.m. For safety reasons, no cyclist should be on the course after this time.

**404 (24 h) – Solo and teams of 2 or 4 (24 hours continuous)**

End time: Saturday, September 19 at 7:30 a.m.

**808 Solo and teams of 2 or 4**

Deadline to arrive at the Stage 7 timing station in Saint-Donat: Saturday, September 19 at midnight.

The timing system will not be stopped for any reason whatsoever.

A participant may not receive assistance in the form of pushing or propulsion by another person or vehicle.

Participants may walk or run if they wish, as long as they keep their bicycles with them.

No participant or support vehicle may block or hinder the progress of another participant or team vehicle.

**Drafting/Riding in groups**

Drafting is forbidden for participants in the 808 km and 404 km solo events. All other cyclists may ride in a group of a maximum of 15 cyclists in single file, as authorized by the Highway Safety Code. They must also maintain a distance of two metres between each cyclist, as per Public Health guidelines.

Participants must ride on the road shoulder at all times.

**Route**

Riders must follow the entire route exactly as described in the Participant's Manual.

Every kilometre of the challenge route must be ridden by the participant or a member of their relay team. In the event of a course error—for example, a



wrong turn—the participant must return to the precise spot where they left the route and resume the ride from that point.

## **Clothing**

Helmets are mandatory.

Please bring several changes of clothing suitable for the expected weather conditions.

Earbuds/headphones are forbidden.

## **BICYCLE AND EQUIPMENT RULES**

No assisted bicycles are permitted for the 808 and 404 challenges. E-bikes only will be accepted for the other challenges (240-125-115 km).

All bicycles must be equipped with a functional braking system and a bike repair kit.

Each bicycle must be identified with its participant's number.

All bicycles must undergo inspection by Bonneville 808 Challenge officials.

It is strongly recommended that participants have a lighting system and spare batteries.

## **I. TIMING STATIONS and TRANSITION ZONES**

A distance of two (2) metres must be maintained between volunteers and participants at all times.

Visible markers will be installed to assist with physical distancing.

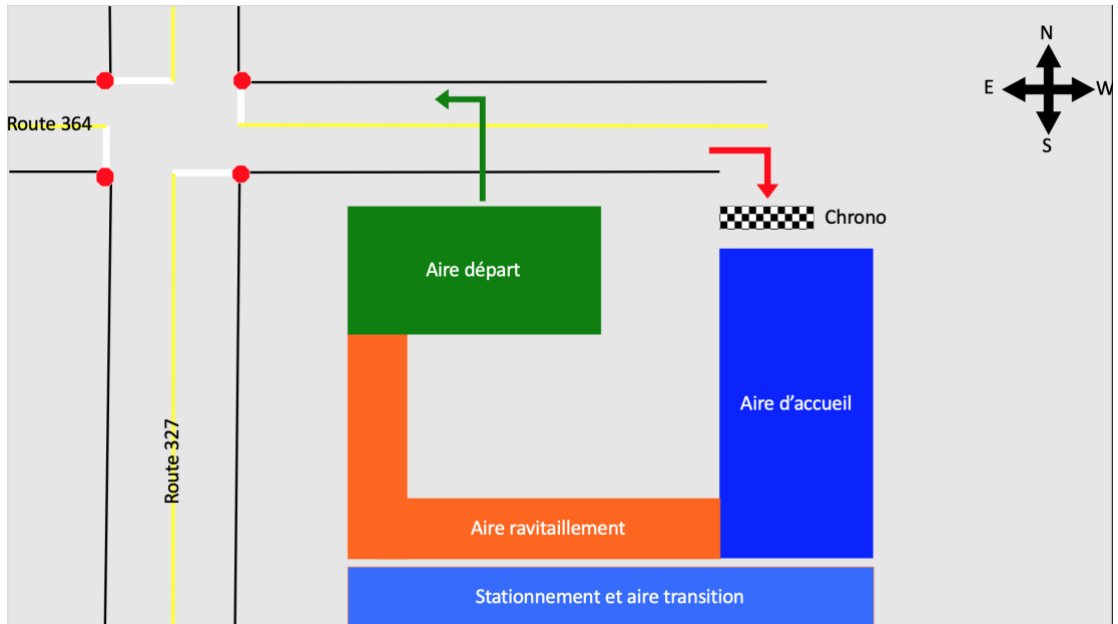
Support vehicles will have access to an area inside the transition zone that is STRICTLY DESIGNATED for their use only and which is separate from the cyclists' zone.

1- Cyclists must follow the directions for cyclist access.

2- Once they cross the timing line, they must dismount from their bikes in the reception area.

3- They will then be directed to the start area to prepare and/or to rest.

4- When ready, they may resume their ride in a safe manner.



## PENALTIES, DISQUALIFICATIONS AND DROPOUTS

The penalty for violating any of the rules outlined herein is disqualification, unless a time penalty is imposed at the discretion of the race manager.

Violation of a rule without disqualification will result in a time penalty for the participants or teams, which will be imposed at the Saint-Donat timing station.

**First offense: a total of 15 minutes**

**Second offense: a total of 45 minutes**

**Third offense: DISQUALIFICATION**

A participant who drops out of the event must notify the 808 Challenge race manager as promptly as possible by calling [514-346-7862](tel:514-346-7862).

Please contact Jonathan Collin at (514) 346-7862 with any questions you might have. We assume that these rules are clear. You are responsible for complying with them. Failure to comply with the rules will result in disqualification or time penalty.

# GENERAL INFORMATION FOR CYCLISTS RIDING 24 CONTINUOUS HOURS (808 KM – 404 KM)

## General rules

All participants and members of the support team must sign the Consent and Acceptance of Terms and Conditions Form before beginning the Bonneville 808 Challenge.

Attendance at the pre-challenge meeting is **mandatory** for one member per team and for all individual participants. Due to the limited capacity of the room, access to the meeting will be controlled by a volunteer who will have the list of names of those who may attend.

Support crew members must comply with the Highway Safety Code at all times (mandatory stops at traffic lights and stop signs, staying as far to the right as possible when driving, etc.)

In keeping with the spirit of fair play, support crew members have a duty to assist any participant at any time.

Participants and their support crews are on their own throughout each stage and must ensure their own safety at all times.

Should you see another participant or support crew member committing an unsafe or unsporting act, please notify an 808 Challenge official.

All support vehicles must carry a complete first aid kit and a cell phone.

## Drafting or riding in groups

Drafting and/or riding in groups are prohibited in the solo 808km and 404 km challenges.

The following distances must be maintained between participants, except when passing:

a) W h e n riding without a team vehicle: 15 metres (the length of 3 cars) from other cyclists or vehicles.

b) W h e n riding with a team vehicle: 100 metres. There must be enough space between participants to allow other vehicles to safely pass a participant and their team vehicle at the same time.

# **BICYCLE AND EQUIPMENT RULES**

## **Bicycles**

Visibility: When riding at night (between 7:00 p.m. and 7:00 a.m.), all bicycles must be equipped with a functioning, legally approved front and rear lighting system that must be ON from 7:00 p.m. to 7:00 a.m. (except for daytime 404 participants).

All bicycles must be equipped with a front headlight (white, minimum of 300 lumens) that must be on at all times.

All bicycles must be equipped with a flashing rear light (red) that must be visible from 200 metres away.

Reflective tape: When riding at night, participants must ensure their clothing and/or bicycles are equipped with reflective material that is visible from all four directions.

At a minimum, all bikes must be equipped with reflective tape:

Seat stays (minimum ¼ in. wide x 3 in. long)

Forks – both sides (minimum ¼ in. wide x 3 in. long)

Crankset (visible from the side)

Pedals or shoes (visible from behind)

Wheels (3 or 4 sections, 1 to 3 inches long each. Do not apply to braking surfaces.) Note: First affix electrical tape to all surfaces in order to more easily remove the reflective tape after the event.

## **SUPPORT CREW – 808 km and 404 km challenges (24 hours continuous)**

All participants and teams must have a support crew of at least two people, other than participants in the individual event and the two-person relay.

One person must be designated the support team captain. This person will act as spokesperson for the participant and the team.

Support crew members may not run or walk alongside, in front of or behind their participant for any reason (except to provide refreshments during daytime hours).

Support crew vehicles must not create an advantage for participants by blocking headwinds or sidewinds.

Support teams must not interfere with other vehicular traffic.

Support crews may in no way interfere with other participants or their support crews.

Support crew vehicles may not park or drive near their cyclists for the first 12 kilometres of the event (Highway 323 to the intersection of Highway 117). Participants are required to perform their own mechanical repairs for the first 12 kilometres of the Challenge.

## **Daytime driving**

During the day (from 7:00 a.m. to 7:00 p.m.), support crew vehicles may not drive near or alongside participants. They must advance by leapfrogging: They must park one kilometre ahead of the participant and wait until the participant has passed them and is out of sight before safely returning to the road.

When stopped, support crew vehicles must be parked completely off the road with the emergency flashers on.

## **Nighttime driving**

If, for any reason, support crew members are not available during overnight hours, the cyclist may not proceed with their ride and must remain in the support vehicle.

At night, all participants must always be followed by a support vehicle as closely (10 m) and as safely as possible. When following participants, support vehicles must remain as far to the right as possible to allow other drivers to see and pass them.

At no time may there be two or more support vehicles behind a participant. Caravanning, or having two or more crew vehicles behind a participant, is strictly prohibited.

## **SUPPORT VEHICLES**

Support vehicles must be equipped with the following items:

A fluorescent orange, retro-reflective “Sport” sign (T-50-7) measuring a minimum of 750 mm by 750 mm, indicating that a sports activity is taking place on a public road. This will be provided by the organizers.

Three magnetic stickers – one on each side of the support vehicle and one at the rear. These will be provided by the organizers.

One “CAUTION: CYCLIST AHEAD” sticker on the rear of the vehicle. The lettering must be 6 inches high in reflective red on a white background. This will be provided by the organizers.

Hazard lights, which must be on at all times during overnight hours (7:00 p.m. to 7:00 a.m.) when the support vehicle is following the participant.

A basic first aid kit.

A dedicated cell phone (please provide the number to the organizers) with the GPS tracking application downloaded (see appendix)

A phone charger

A GPS device with the route downloaded (or downloaded to a smartphone)

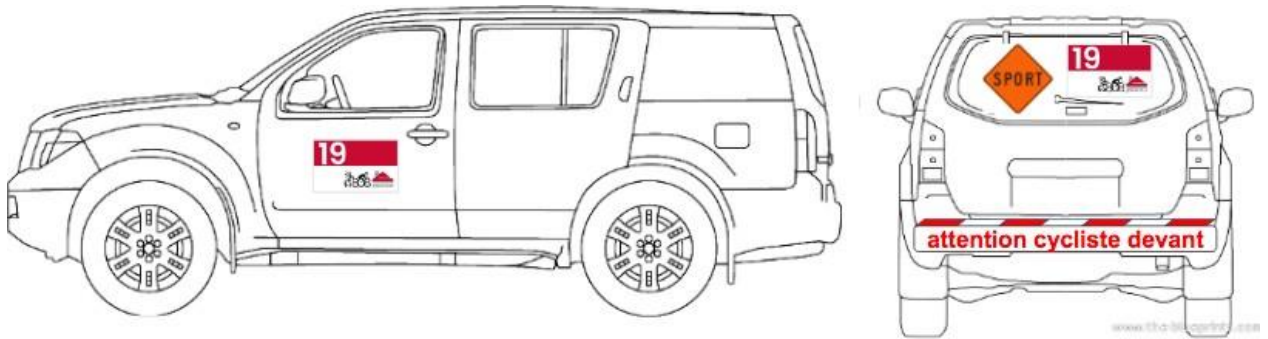
Water and food for the cyclists and support crew

Paper copy of the directions (cue sheets)

Reflective safety vest

Revolving warning light

Flashlight or headlamp



Recreational vehicles (RVs) and camper vans are not permitted as support vehicles, due to their width. A minivan is the ideal support vehicle.

Support vehicles may not tow objects of any kind.

All support vehicles must have proof of valid insurance.

# SUMMARY OF MANDATORY INSPECTIONS

## Confirmation of bicycle inspection

Lights and reflective strips

\_\_\_\_\_ Front headlight (white, minimum of 300 lumens), visible from 200 metres away

\_\_\_\_\_ Rear lights (red, blinking) visible from 200 metres away

\_\_\_\_\_ Spare batteries

\_\_\_\_\_ Seat stays (minimum ¼" wide x 3" long)

\_\_\_\_\_ Forks – both sides (minimum ¼" wide x 3" long)

\_\_\_\_\_ Wheels (3 to 4 sections, 1" to 3" long each)

\_\_\_\_\_ Crankset (visible from the side)

\_\_\_\_\_ Pedals or shoes (visible from behind)

\_\_\_\_\_ Approved helmet

\_\_\_\_\_ Team number on the seat post

\_\_\_\_\_ Reflective safety vest (for continuous challenges only)

## Confirmation of vehicle inspection

Vehicle: make, model, colour:

\_\_\_\_\_

License plate number:

\_\_\_\_\_

\_\_\_\_\_ "Sport" sign (T-50-7) at rear of vehicle, left side

\_\_\_\_\_ Three magnetic stickers (one on each side and one at the rear)

\_\_\_\_\_ One "CAUTION: CYCLIST AHEAD" sign at the rear

\_\_\_\_\_ Functional hazard lights

\_\_\_\_\_ Basic first aid kit

\_\_\_\_\_ Revolving warning light



Comments:

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The inspection by the Bonneville 808 Challenge official is final. If your equipment does not pass inspection, a second inspection will be required before you may begin the challenge.

Signature of the Bonneville 808 Challenge official:

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Date \_\_\_\_\_

# **APPENDIX 2**

# GPS APP – REAL-TIME TRACKING

# GPS APP – REAL-TIME TRACKING

Download the GPS app to your smartphone

## INSTALLATION

**iPhone – Make sure you use the latest version from the Appstore. Go to the App Store.**

1. Search for: MS1Timing (see screenshot, right)
2. Install the app
3. Agree to GPS tracking/location finder when App is active
4. Click Ok



**Android phone – Make sure you use the latest version from the Appstore**

1. Go to Google Play
2. Search for: MS1 Timing (see screenshot, right)
3. Install the app
4. Agree to GPS tracking/location finder
5. Click Ok



## ENTER YOUR CODE

1. Code: Enter the Code provided to you by the organizers
2. Press "Back/Done"
3. Press "GO"
4. **You should see 2 green squares** and "QUIT"
5. Keep the app open in the background

2 green squares are what you want!

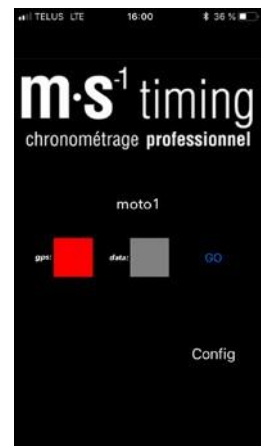


## COMMON ISSUES

GPS green or red and greyed-out data =  
Code not entered or you did not press “go”



Red or greyed-out GPS = GPS tracking not activated  
– Go to Settings/Confidentiality/Localization/MS1  
Timing: when app is active  
or  
no GPS signal (e.g. in a conference centre, hotel, etc.)



Red data = Either the code you entered is invalid or there is no data  
service on the phone/no cell coverage in the area (dead zone)

To re-enter the code, press “Config” to return to the previous screen.

