



ALL PROFITS GO TO THE BEL ESSOR FOUNDATION.



The organizing committee of this cycling event aims to promote behaviors promoting safety, group cohesion and mutual support. In this context, we define a code of conduct that will enable all to enjoy and benefit greatly from this cycling event. This code of conduct defines the safe and ethical behaviors observed for safety and also that of your fellow cyclists. Note that these guidelines are simple and generally known by most cyclists.

Preparation before the event

Select your route (short or long) and moving average speed according to your abilities, your cycling history and your physical condition at the day of the cycling event. It is important not to underestimate or overestimate your abilities to have fun and allows homogenous packs. It will always be possible to change course / speed the day of the event if desired.

Make sure your bike is in good condition: brakes, tires and adjustments in general. A bicycle in poor condition poses a risk not only for you but also for the other cyclists. Despite the existence of the mechanical support service offered by our partner, make sure to be autonomous in your minor mechanical repairs : multi-purpose tools, tube(s) or tubular tire(s), pump / CO₂ cartridges, tire levers, valves extensions, spare cleat ... Especially for components that are non-standard or rare.

Items to bring

- Bike
- Helmet (approved by ANSI or Snell)
- Cyclist clothing (additional layers in case of wind, rain, cold)
- 1-2 bidon(s)
- Shoes, gloves, sunglasses
- Anti-friction cream / sunscreen
- Change of clothes after cycling
- Mobile phone charged
- Money / credit card / health card
- Snacks (if food allergies or intolerances)
- Mechanical repair items

During the event

The "Défi des collines" is not a competition. Ride in a group implies respect of basic safety rules. Wearing a helmet is mandatory and the event's jersey is strongly suggested. The latter will be distributed on site before departure.

A captain will be assigned to each pack (10 to 15 cyclists). Before leaving, they inform you of the usual safety precautions.

Captains are experienced cyclists. They must ensure cohesion in the group, respecting the cruising speed and make sure all the rules and behaviors related to safety. It is obvious that this framework can not be done without the cooperation of all of us. It is important to notify your captain in case of mechanical problems, physical or if you wish to leave the pack.

It is imperative to respect the rules of the Highway Safety Code

Stop at red lights and stop or slow down / at stop signs.
Give priority to pedestrians.

Rules when cycling (in pack)

Identify holes on the road.
Keep a constant speed, be predictable.
Cycle one behind the other (in pack formation).
Keep a minimum distance of 10 cm with the other cyclist wheel.