



## PARTICIPANT GUIDE

### THE BUCKLAND ON GRAVEL 2024

5 au 7 juillet 2024, Notre Dame Auxiliatrice de  
Buckland, Québec

#### NOTICE

This document was translated using the MS Word translation tool. We apologize for any errors. Information on images was not translated. Do not hesitate to send us your questions.



Our 2024 partners. A big thank you for their help and financial support



Buckland on Gravelle Participant Guide July 5-7, 2024

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## Weekend schedule

### Friday, July 5

**4:00 p.m.-8:00 p.m.:** Registration and registration under the tent for the weekend

**6:15 p.m.:** For those who wish, start of the Challenge de la montée Microbrasserie de Bellechasse. Go to the Buckland Recreation Chalet to check in (free of charge). A well-deserved refreshment will be waiting for you at the top. Note that this year the climb is done in groups; So there is only one departure.

### Saturday, July 6

**7:30-8:50 am:** Registration and registration under the tent (registration closes 25 minutes before departure)

**9:15 am:** Departure from La Buckland on gravel Gros Buck for a distance of 130km and Petit Buck 83km. The start is at the Buckland Recreation Chalet.

### Sunday, July 7

**10:00 a.m. :** Start of The Ride of the Next Day presented by Vélo Cartel; The start is at the Buckland Recreation Chalet



## Detailed Saturday schedule

**7:30-8:50 am:** Check-in and registration (registration closes 25 minutes before departure)

**7:30-9:15 a.m.:** Meet at the Pub de la contrée to get a tasty Specialty Coffee offered free of charge by the Pub

**9:15 am:** Start from La Buckland on Gros Buck gravel for a distance of 130km and from Petit de Buck 83m. The start is at the Buckland Recreation Chalet

**10:00 am:** Inflatable games and water games on site to entertain the little ones

**11:45 am:** Estimated arrival of the first participants of the Petit Buck

**1:00 p.m.:** Start of the post-race lunch service under the tent

**6:00 p.m.:** Estimated arrival of the last participants

**8:00 p.m.** Campfire

## Lunch after the race

All participants are entitled to a post-race meal. The meal prepared by the Pub de la Contrée will be served under the marquee. The menu offered is a Fusilli salad, vegetables, legumes and sundried tomato pesto, (double last year's portion) Smoked meat wrap and pickle relish (Dijon or sweet mustard self-service according to everyone's tastes), Organic Mini-Cucumber (Serres naturo), a Maple Cone and Fries or a vegetarian option and a vegetarian option with veggie pâté with Veggies Pâté de Gras Dur cuisine. You must have chosen the vegetarian option when registering or have sent us a request via email to [info@labuckland.ca](mailto:info@labuckland.ca) no later than Wednesday, July 1

A drink of your choice is also offered upon presentation of the coupon that will be given to you at check-in. We have an alcoholic and non-alcoholic offer as well as "Mocktales" offered by Sober Carpenter. In addition, in exchange for a few dollars, you can also buy additional beers under the same tent.

There will be meal and beer coupons for the companions on sale at the bar



## Safety and general rules

### Recommended Equipment

- Tires 40 mm or larger. A smaller tire is also fine, but will be less effective in some more technical sections and will be more at risk of punctures.
- Ideally a ratio of 1:1 or more (e.g. 40 forwards 44 rears)
- Bottle cages that hold water bottles very well. Some sectors are stirring a lot. The risk of losing a canister is high. Note that we have a few empty canisters in the refreshment points to help you out.
- Two or more water bottles; Water and beverages will be available at all refreshment points.
- Repair kit and basic tools in case of a puncture or mechanical glitch
- Mountain bikes are accepted but must remain at the back of the pack during the controlled start. Afterwards, they will be able to reposition themselves.

### Road safety

The route uses public and private roads as well as federated quad trails. Roads and trails are not closed to traffic during the event. Thus, although the courses are opened by opening trucks and quads and patrolled by a team of patrollers, runners are required to respect road safety rules at all times. For example, you need to be vigilant at intersections. With the exception of a few intersections, there will be no flaggers. You must also keep right at all times on the road.

Wearing a tank top is prohibited. The vest must have sleeves

No headphones are allowed (except for hearing aids)

### Technical Support

Technical support will be present at the start/finish area for minor last-minute adjustments or repairs. There will be basic equipment and tools at the aid stations. You will find: Pumps, tripe, allen wrenches, screwdrivers. Also in each of the refreshment stations, it will be possible to get empty canisters to replace yours in case of loss.

The section between pit stations 2 and 3, which is mainly a rockier descent, is particularly prone to punctures. Thanks to the collaboration of Vittoria, we will provide you with 1 puncture repair stations. You will find: tubes, sealant, pump, tires, repair bits and tools. In addition, a motorcycle patrol team will circulate in this area to support you in case of a puncture. The patrollers will have Vittoria equipment in their possession.



## Autonomy

Despite the presence of technical and patrollers, riders must have the necessary equipment to carry out basic repairs on their bike. In addition, although patrollers are present at strategic points along the route, it is possible that they will not be able to contact first aid since cell or shortwave coverage is difficult in places. We therefore ask you, if possible, to have your cell phone in your possession. In case of emergency, and when the network allows it, you can help us by contacting Éric Blais at 418-952-4346

## Abandonment

In case of abandonment, the runner is responsible for notifying the organization. Either by contacting the driver of the broom truck, by notifying the person in charge of a refuelling station or by notifying a member of the organization or the commissioner when you return to the start/finish point.

## Cut-Off (closure of the course of courses)

Participants in the Gros Buck (130km) who have not reached the refreshment station #4 located in St-Luc at kilometer 60 (see map of refreshments) before 1:30 p.m. will not be able to complete the full loop of the 130km. They will then have to head for the P'tit Buck course (83 km).

P'tit Buck participants must have reached aid station # 4 located in St-Luc at kilometer 60 (see aid station map) before 2:30 p.m. in order to continue. If a rider decides to continue after this time, he will have to hand over his plate to the broom truck and will no longer be under the responsibility of the organization. It should be noted that the route may no longer be marked. We will offer the possibility to use the broom truck for those who cannot complete the adventure

## Course details

**See Appendix 1 for a detailed description of the route**

**Le Gros Buck:** 130 km, 3000m of elevation gain, 7 aid stations, start at 9:15 am

<https://ridewithgps.com/routes/46795315>

**Le Petit Buck:** 83km, 2200m of elevation gain, 5 aid stations, departures 9:15 am

GPX -> <https://ridewithgps.com/routes/46795314>





## Signalling

Signage is present throughout both routes; The GPX is not necessary to steer you but can be very useful to see difficulties in advance.

Both courses take the same road until the fourth aid station (St-Luc). A few hundred meters after the refreshment station, the participants of the Gros Buck must continue straight ahead while the participants of the P'tit Buck must head to the right. It is possible to decide here whether you want to take on the Big Buck challenge or continue the Little Buck challenge, which also presents a good challenge!

## Private Land

Some sectors of the course use private land to which we are allowed access for the day of the event only. Please do not use the GPX after the event has been held. We will make available a version without passage on private land following the event

## Sectors at risk

Although the majority of the course is on safe and gentle roads, some sectors require additional vigilance from the runners. The sectors at risk will be identified by a poster showing three black arrows pointing down for risky descents or to the sides for risky turns...

### The risk areas are located in the following locations:

1. **Kilometres 26 to 30 of Gros Buck and Petit Buck:** ATV trail that contains more rock that could cause punctures. It should be noted that there is a risk of ATVs in this sector, which is narrower. Be vigilant and keep the right as much as possible. Here your water bottles could be catapulted due to the high "stirring".
2. **The first 5 kilometers of the final descent (km 120 of the Gros Buck and 73 Petit Buck):** The final descent that follows the refreshment station of the belvedere is strewn with large stones and undermined by rain in places. Although the finish is near, caution is advised.
3. **The final descent (km 128 of the Gros Buck and 81 Petit Buck):** A slightly more technical descent in places that could surprise you. Although you are in your last few kilometers, be careful



## Refreshment points

All the volunteers on the course are... volunteers. Please thank them all with a beautiful smile even if sometimes they can't serve you as quickly as you hope. Come and tell us after the race if you had any problems, we will offer you a beer to redeem yourself and it will help us improve our process next year.

- No supplies will be given on the move; It is the responsibility of the participants to stop and ask for what they need.
- The order of arrival of the participants must be respected during the service by the volunteers.
- The participant will have to open his canisters to allow the volunteers to fill them with a pitcher.

#	Position	Service		
		Little Buck	Big Buck	
1	Parc du Massif	11	11	water
2	Massif Coast Summit	19	19	Water, Gatorade, bananas, cookies
3	St-Cyrille (Saint Magloire)	36	36	Water, Electrolytes, Gatorade, Banana, Xact, Cookies
4	St-Luc Church	60	60	Grilled Cheese, Water, Electrolytes, Gatorade, Bananas, Xact, Cookies, Gels, Pretzel, Bars, Candy, Soft Drinks, Toilet
5	Luc's Cabin	N/A	73	Water, Electrolytes, Gatorade, Banana, Gatorade and Xact, Cookies, Gels, Pretzel, Soft Drinks
6	St-Luc Church	N/A	105	Grilled Cheese, Water, Electrolytes, Gatorade, Bananas, Xact, Cookies, Gels, Pretzel, Bars, Candy, Soft Drinks, Toilet
7	Wind Turbine Belvedere	72	116	Water, soft drinks
	Arrival	82	130	Water, fruit, milk, chocolate, beer, and lunch after race



## The site



### Reception:

Registration, merchandise, post-race dining, post-ride drink

### Toilet:

- 2 in the parking lot
- One for the men behind the sports chalet
- 2 indoors for women
- 2 at the campsite

### Showers:

- 3 showers open outside behind the sports chalet (
- 1 indoors for women

### Catering on site (2mins walk):

- Grocery store
- Pub
- Bakery

## Directions

The competition venue is located in the municipality of Notre-Dame-Auxiliatrice-De-Buckland, also known as Buckland. The municipality is located in the MRC of Bellechasse, about an hour's drive south of the Tête des Ponts de Québec. [Google maps of Buckland](#)

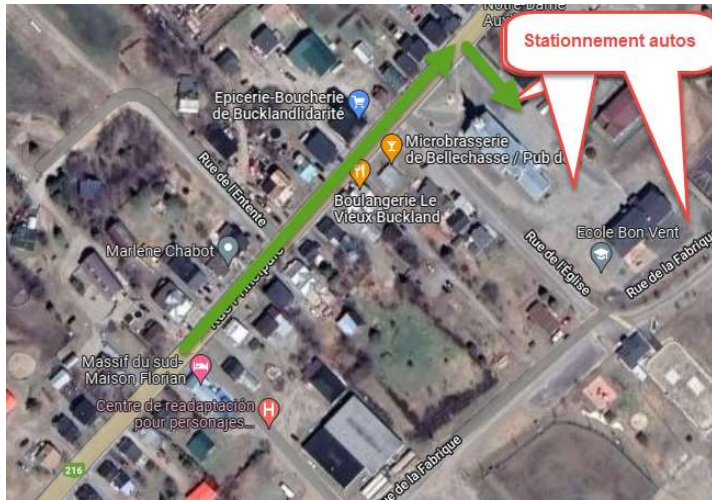
The easiest way to get to Buckland from all regions of Quebec is to take exit 337 of Highway 20 and follow Route 279 south to the end (about 30 minutes) which will take you to Buckland. You then turn left on Route 216 to get to the heart of the village (less than 2 minutes away).



## Parking

### Car parking

Parking at the back of the church will have to be used.



### Camping Parking

All vehicles (RV, Van, Trailer) will be on the campground. We encourage campers to go directly to the campsite in the morning and park there. The campsite is 1 mins from the start.



### On-site catering service

A few steps from the departure area, you will have access to the following service offer:

- **Pub de la contré:** Pub/MicroBrasserie Open from 7:30 am to 9 am for free coffee
- **Boulangerie le Vieux Buckland:** Pastries, ready to eat, coffee
- **Groceries:** Several ready-to-eat offers
- **Ice cream**



## Accommodation

### Camping on site

When you registered, you could reserve a space for your tent or RV/Trailer for \$35. The grounds are unserviced. It will have extra toilets, access to the chalet and outdoor showers available.

**It is forbidden to light campfires. There will be two places where there will be them. The wood will already be on site.**

[Reserve a plot here](#)

### Accommodation in the area

Consult our website [www.LaBuckland.ca](http://www.LaBuckland.ca) in the Race Info section you will find a more exhaustive list of accommodations in the region.

- **Massif du Sud Park:** The 12 rustic campsites of the Medieval Village are reserved for Buckland participants. To make reservations, you must call 418-469-2228 and mention that you are participating in the Buckland.
- **Accommodation Massif du Sud Alpine Ski Chalets:** Enjoy 3 nights for the price of 2. For more information, please contact Mélissa at 1-877-869-3676 ext: 115 or by email at: [hebergement@massifdusud.net](mailto:hebergement@massifdusud.net)
- **Beausite Tourisme:** 10 minutes from the start, Marylie from [Beausite Tourisme](#) offers you the opportunity to try it for \$20/night. The rustic site gives you access to a shower, a toilet and a propane kitchen on the gazebo on the lake.
- **Camping La Jolie Rochelle:** Located in Saint-Raphaël, 30 minutes from Buckland <https://lajolierochelle.quebec/>
- **Camping Rivière Etchemin:** Small wild campsite located in Saint-Léon-de-Standon, 20 minutes from Buckland <https://www.campingriviereetchemin.com/>
- **Saint-Philémon campsite:** Located in Saint-Philémon, 10 minutes from Buckland <https://www.campingstphilemon.com/>
- **Camping Lac Etchemin:** Located in Lac Etchemin, 30 minutes from Buckland <http://campinglacetchemin.com/>



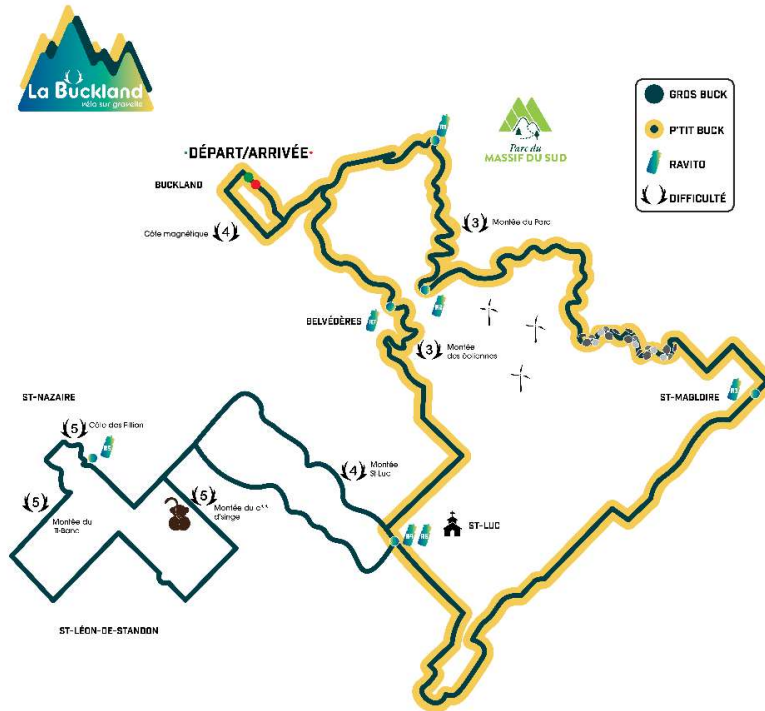
- **Camp Forestier campgrounds and cottage:** Located in Saint-Luc, 23 minutes from Buckland <https://www.campforestier.qc.ca/>
- **RVs can camp on the campsite:** please respect the indications in the section reserved for RVs



# Appendix 1: Description of the course (Gros and Petit Buck)

## GPX Petit Buck 83km

## GPX Gros Buck 130km



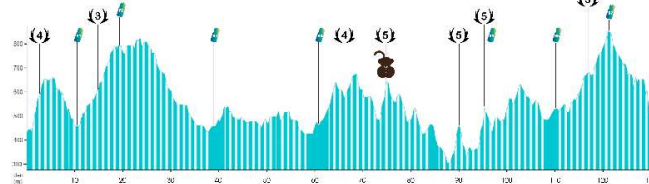
### GROS BUCK

DISTANCE : 130,7 KM

DÉNIVELÉ : +2643 M / -2632 M

SURFACE PAVÉE : 10,5 KM

SURFACE NON PAVÉE : 120,2 KM



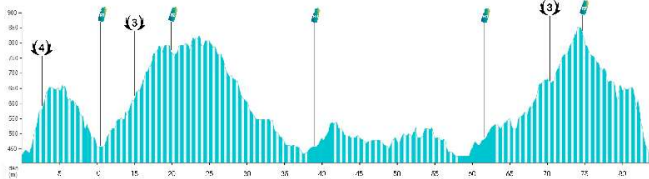
### P'TIT BUCK

DISTANCE : 83,7 KM

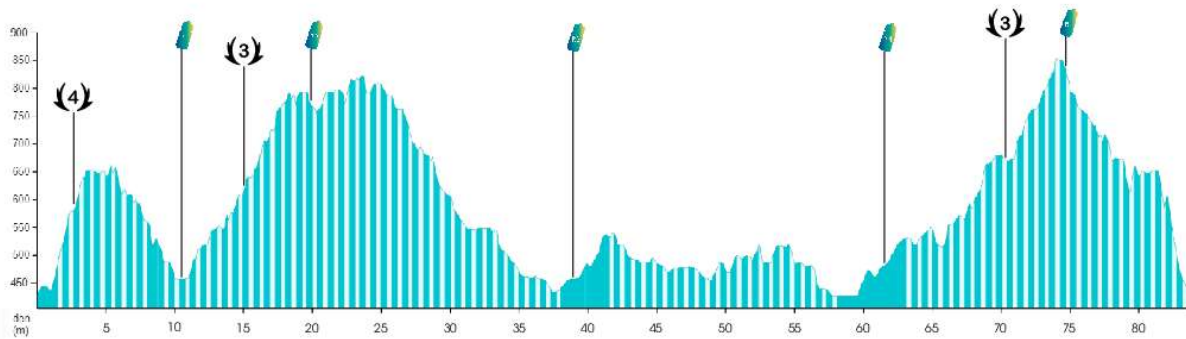
DÉNIVELÉ : +1499 M / -1500 M

SURFACE PAVÉE : 5 KM

SURFACE NON PAVÉE : 78,7 KM



## Description Petit Buck: 83km 2000d+



### Sector 1: Departure to the top of the magnetic hill (KM 1 @ KM 4)

The start will be an exciting moment with memorable images! Enjoy the free coffee offered by the local pub and the mechanical support for your bike offered by Veloptimum before the start.

The peloton will be controlled over a distance of 1 km, from the start to the bottom of the magnetic hill. This first climb is among the 5 most difficult climbs of the course (Category 4 Bucks / length of 2 kms). It will take you 10 and 20 minutes to climb it and face your first sections with a difference in altitude of more than 15%. In short, a good warm-up for the future

**Tip: Don't burn your cartridges here; The day has only just begun**

### Sector 2: Summit of Magnetic Hill to the top of Parc du Massif (KM 4 @ KM 18.5)

This section offers two aid station points. The first at Parc du Massif (KM 11) before starting the second major climb of the course, and the other when you arrive at the majestic Parc des Éoliennes (KM 18.5). The climb of the park is superb (Category 3 Bucks / 7 kms); so beautiful that you won't even feel it. It is hidden in the forest and runs along a stream from its base to the top. The climb is gradual and winding, with switchbacks in the steepest sections. However, it does not have any double-digit difference in altitude.

**Tip: Save your strength, the climb is nice and fast, but there's still a long way to go !**

### Sector 3: Refreshment station # 2 to the aid station # 3 (KM 18.5 @ KM 36.5)





Be careful, this section is the rockiest, with large rocks conducive to punctures. It is a hilly section but mainly downhill, so fast. For your safety, two motorcycles will patrol the Sector with puncture repair kits and basic tools in case of mechanical problems.

The first 9 kilometres of this section take the panoramic route that winds through the wind farm. The landscapes are grandiose and the proximity to the wind turbines is impressive. The next 4 kilometres take you along a mountain bike trail with rough rocks. Keep a safe distance to anticipate obstacles and choose your line carefully. Better to lose a few seconds than to get a flat tire. A breakdown station with repair kit will be available at the exit of this track.

**Tips: Keep your hands in the drops of the handlebars and not on the hoods to minimize the risk of slipping hands.**

**Look far ahead to predict the rocks.**

**If you lose a canister, empty canisters will be available at Supply 3.**

#### **Sector 4: Aid station # 3 at aid station # 4 (KM 36.5 @ KM 62)**

Probably the most rolling section of the course. Enjoy the beautiful scenery and refuel, but be hungry for aid station 4, the central aid point of the route, where you can enjoy a delicious grilled cheese. You will also have access to a variety of food and toilets, all accompanied by background music to motivate you for the rest of the adventure.

**Tips: If you're racing, it's time to ride. If you're here for the challenge, take some time to relax and enjoy the day.**



### **Sector 5: Aid station # 4 at aid station # 5 (KM 62 @ 73.5)**

This section is the last difficult one, almost entirely uphill until the last aid station. Only one steeper climb is the one leading to the entrance to the Massif du Sud wind farm; however, it was short-lived. Once on the scenic road to the wind farm, you undertake a gradual and pleasant climb (Category 3 Bucks / 7 kms) with incredible views and gigantic wind turbines just above your heads. This climb will take you to the last aid station point of your day.

### **Sector 6: Refreshment station # 5 at the finish (KM 73.5 @ KM 83) AND**

Enjoy a short rest at the last aid station point; probably the most beautiful viewpoint in the area. Starting from the aid station, a last small climb awaits you; A real pain in the ass that we would have liked to avoid. Afterwards, you will embark on the final 10 km descent to the finish. A wide and fast descent dotted with a few rocks and gravel that is sometimes surprising.

After the last right turn, you will be on a lumberjack lot. Not very technical, but watch out for the rocks hidden in the grass. Once out of the woods, the finish is 200 m away. Watch out for the last bend, it comes fast and is surprising!

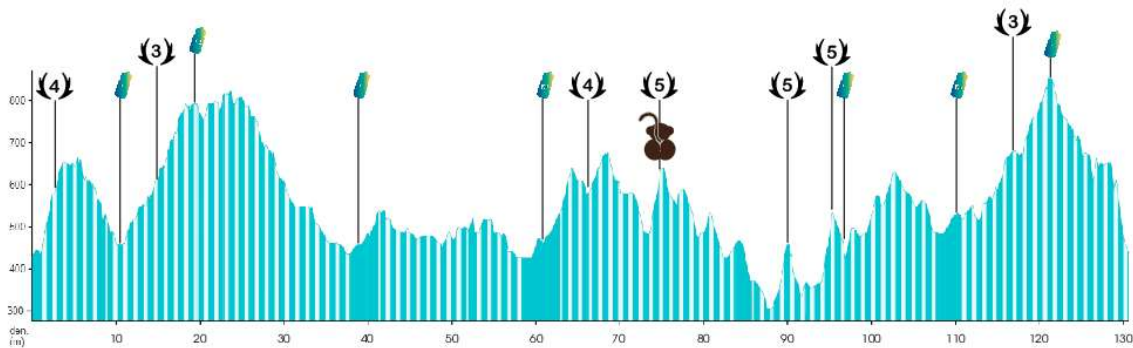
**Tip: Keep the right if you can't see far ahead; this section is used by several mountain bikes.**

**Keep your hands in the recesses of the handlebars and not on the hoods**

**Despite fatigue and excitement, look far ahead to anticipate obstacles.**



## Description Gros Buck 130km 3000m d+



### Sector 1: Departure at the top of the magnetic hill (KM 1 @ KM 4)

The start will be an exciting moment with memorable images! Enjoy the free coffee offered by the local pub and the mechanical support for your bike offered by Veloptimum before the start.

The peloton will be controlled over a distance of 1 km, from the start to the bottom of the magnetic hill. This first climb is among the 5 most difficult climbs of the course (Category 4 Bucks / length of 2 kms). It will take you 10 and 20 minutes to climb it and face your first sections with a difference in altitude of more than 15%. In short, a good warm-up for the future

**Tip: Don't burn your cartridges here; The day has only just begun**



## Sector 2: Summit of Magnetic Hill at the top of Parc du Massif (KM 4 @ KM 18.5)

This section offers two aid station points. The first at Parc du Massif (KM 11) before starting the second major climb of the course, and the other when you arrive at the majestic Parc des Éoliennes (KM 18.5). The climb of the park is superb (Category 3 Bucks / 7 kms); so beautiful that you won't even feel it. It is hidden in the forest and runs along a stream from its base to the top. The climb is gradual and winding, with switchbacks in the steepest sections. However, it does not have any double-digit difference in altitude.

**Tip: Save your strength, the climb is nice and fast, but there's still a long way to go!**

## Sector 3: Aid station station # 2 at aid station # 3 (KM 18.5 @ KM 36.5)

Be careful, this section is the rockiest, with large rocks conducive to punctures. It is a hilly section but mainly downhill, so fast. For your safety, two motorcycles will patrol the Sector with puncture repair kits and basic tools in case of mechanical problems.

The first 9 kilometres of this section take the panoramic route that winds through the wind farm. The landscapes are grandiose and the proximity to the wind turbines is impressive. The next 4 kilometres take you along a mountain bike trail with rough rocks. Keep a safe distance to anticipate obstacles and choose your line carefully. Better to lose a few seconds than to get a flat tire. A breakdown station with repair kit will be available at the exit of this track.

**Tips: Keep your hands in the drops of the handlebars and not on the hoods to minimize the risk of slipping hands.**

**Look far ahead to predict the rocks.**

**If you lose a canister, empty canisters will be available at Supply 3.**

## Sector 4

Aid station # 3 at aid station # 4 (KM 36.5 @ KM 62)



Probably the most rolling section of the course. Enjoy the beautiful scenery and refuel, but be hungry for aid station 4, the central aid point of the route, where you can enjoy a delicious grilled cheese. You will also have access to a variety of food and toilets, all accompanied by background music to motivate you for the rest of the adventure.

**Tips: If you're racing, it's time to ride. If you're here for the challenge, take some time to relax and enjoy the day.**

#### **Sector 4: Aid stations # 4 at aid station # 5 (KM 62 @ KM 96)**

This is the most difficult section of the course. Not very technical, but with the 4 most difficult climbs in 35 km; Speed ratios of more than 1:1 will be appreciated on this Sector. The sector starts with the Côte de St-Luc as soon as you leave the village (Category 4 Bucks / 5 kms), a long, constant climb that will allow you to digest the grilled cheese. Afterwards, you will tackle the hill nicknamed "The Monkeys' Ass" (because of its position, behind the monkey faces) (Category 5 Bucks / 2 kms). It is a long straight line that is steeper and steeper, up to 24% steep, covered with soft gravel in places. Then, the climb to the Ti-Banc (Category 5 Bucks / 2 kms) still steep slope of more than 10%, but a ti-banc awaits you at the top! Finally, before the aid station # 5, the climb of the Route des Fillion (Category 5 Bucks / 1.5 km), with very soft gravel, two big curves and a constant difference in altitude of more than 10% and peaks of more than 15%.

**Tip: Eat, eat, eat in this section.**

#### **Sector 5: Aid stations # 5 at aid station #6 ( KM 96 @ KM 110)**

Nothing major but no rest on this Sector. The whole thing starts with a good climb starting from aid station #5 followed by several successive climbs and descents. You will then be back at the St-Luc aid station with its grilled cheese, waffles and everything you need to refuel before attacking the last 20 kilometers and the climb of the wind farm.

#### **Sector 6: Aid station station # 6 at aid station # 7 (KM 110 @ 120.5)**

This section is the last difficult one, called the Col des Éolienne, almost entirely uphill until the last aid station. Only one steeper climb is the one leading to the entrance to the Massif du Sud wind farm; however, it was short-lived. Once on the scenic road to the wind farm, you undertake a



gradual and pleasant climb (Category 3 Bucks / 7 kms) with incredible views and gigantic wind turbines just above your heads. This climb will take you to the last aid station point of your day.

## Sector 7

### Aid station station # 7 at the finish (KM 120.5 @ KM 130)

Enjoy a short rest at the last aid station point; probably the most beautiful viewpoint in the area. Starting from the aid station, a last small climb awaits you; A real pain in the ass that we would have liked to avoid. Afterwards, you will embark on the final 10 km descent to the finish. A wide and fast descent dotted with a few rocks and gravel that is sometimes surprising.

After the last right turn, you will be on a lumberjack lot. Not very technical, but watch out for the rocks hidden in the grass. Once out of the woods, the finish is 200 m away. Watch out for the last bend, it comes fast and is surprising!

Tip: Keep the right if you can't see far ahead; this section is used by several mountain bikes. Keep your hands in the drops of the handlebars and not on the hoods and despite fatigue and excitement, look far ahead to anticipate obstacles.



## Summary of the route

### Major Hills in the Petit Buck (83km)

Kilometre	Name	Difficulty (in Buck's number)
1-4	Magnetic Rating	(4)
11-18	Massif Park Hill	(3)
63-74	Col du Parc des Éolienne	(3)

### Major Hills in the Gros Buck (130km)

Kilometre	Name	Difficulty (in Buck's number)
1-4	Magnetic Rating	(4)
11-18	Massif Park Pass	(3)
62-64.5	Côte de St-Luc	(4)
73.5-75	Monkey's Ass	(5)
87.8-90	Ti-Banc Coast	(5)
94-95.5	Fillion Coast	(5)
113-121	Col du Parc des Éolienne	(5)



## Risky sections

Kilometre	Description
22-31	Fast descents with several unstable rocks. You have to look ahead and keep your hands in the drops of the handlebars.
31-33	Mountain bike trail with several fixed rocks. Risks of punctures and shocks. Keep a distance from the person in front of you and, as in all descents, look ahead and keep your hands in the drops of the handlebars.
Wind turbine drownhills 121-127 (Gros Buck) 74-80 (Petit Buck)	Fast descents with several unstable rocks, look ahead and keep your hands in the recesses of the handlebars.
Last KM	Slightly technical descents, with some surprising turns, but above all difficult because of fatigue.





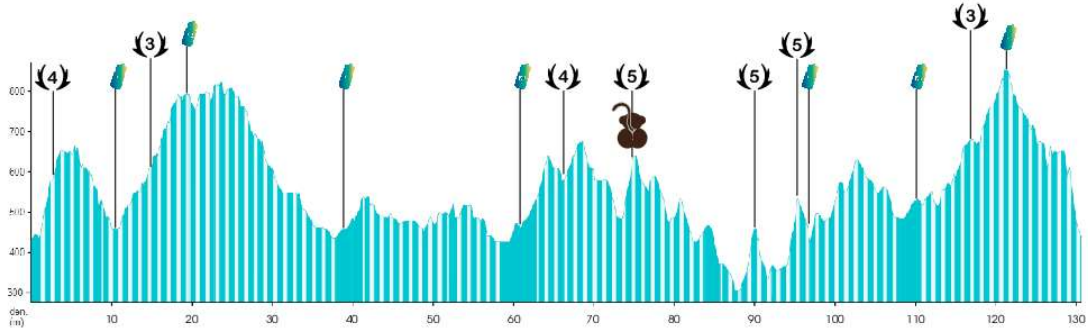
## Aid station details

#	Position	Little Buck km	Big Buck km	
1	Parc du Massif	11	11	water
2	Massif Coast Summit	19	19	Water, Gatorade, bananas, cookies
3	St-Cyrille (Saint Magloire)	36	36	Water, Electrolytes, Gatorade, Banana, Xact, Cookies
4	St-Luc Church	60	60	Grilled Cheese, Water, Electrolytes, Gatorade, Bananas, Xact, Cookies, Gels, Pretzel, Bars, Candy, Soft Drinks, Toilet
5	Little House on the Prairie	N/A	73	Water, Electrolytes, Gatorade, Banana, Gatorade and Xact, Cookies, Gels, Pretzel, Soft Drinks
6	St-Luc Church	N/A	105	Grilled Cheese, Water, Electrolytes, Gatorade, Bananas, Xact, Cookies, Gels, Pretzel, Bars, Candy, Soft Drinks, Toilet
7	Wind Turbine Belvedere	72	116	Water, soft drinks
	Arrival	82	130	Water, fruit, milk, chocolate, beer, and lunch after race



# Printables elevations to bring with you

Gros Buck (130km 3000d+)



Petit Buck (83km 2000d+)

