



Preparation Camp – Challenge Longhi & Défi Sportif

Organized by Cycling Canada and the Fédération Québécoise des Sports Cyclistes

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Date From April 27th to April 29th 2015

Location Circuit Gilles-Villeneuve (Île-Notre-Dame, Montréal)
And/or
Centre National de Cyclisme de Bromont
400, Shefford street, Bromont
J2L 3E7
(To be determined depending on weather)

- Applications**
- Open camp for all para-cycling divisions (handbikes, tricycles, tandems and regular bikes);
 - For competitors that attend Challenge Longhi and Défi Sportif Altergo 2015 that will be held in Montreal on the Notre-Dame Island from May 1st to May 3rd:
http://www.publicationsports.com/defisportif/login_ps.html?lng=EN
<http://www.fqsc.net/paracyclisme/le-defi-sportif-2>
 - Maximum of 10 participants:
 - Selection made from the 2014 National Championships, Défi Sportif 2014 and other races results ;
 - Final selection will be made by the coach.

Preliminary Schedule

8:00 Arrival of participants, presentations and camp guidelines
8:30 – 9:45 Athlete and groups preparation
10:00 - 12:00 Training session
12:00 – 1:00 Lunch (self-sufficient / at the participants charge)
1:00 – 2:00 Morning session debriefing
2:00 – 2:45 Rest and preparation time
3:00 – 5:00 Active recovery and debriefing

Travel, lodging and food costs will be 100% self-funded by participants