



2024
CYCLIST GUIDE

**35 YEARS OF SUPPORTING
THE MS COMMUNITY,
ONE KILOMETRE AT A TIME!**

MS Canada
Quebec Division

TABLE OF CONTENTS

WELCOME MESSAGE	3
EVENT DETAILS - 2-DAY PACKAGES (GETAWAY AND ADVENTURE)	4
- PRACTICAL INFORMATION	4
- DAY 1 SCHEDULE	11
- DAY 2 SCHEDULE	16
- MAPS OF THE ROUTES	15 AND 20
EVENT DETAILS - 1-DAY PACKAGE (DISCOVERY)	21
- PRACTICAL INFORMATION	21
- SCHEDULE	25
- MAP OF THE ROUTES	29
GENERAL INFORMATION	30
INTERACT WITH THE MS BIKE COMMUNITY	32
THANK YOU TO OUR PARTNERS	33

WELCOME TO THE 35TH MEDAVIE BLUE CROSS MS BIKE!



MS Canada
Quebec Division



This year, MS Canada – Quebec Division invites you to discover the beautiful Montérégie region.

Our beginner to expert-level bike routes around Saint-Hyacinthe will satisfy you with their diversity and the beauty of the scenery to admire along the way. Expect happiness on two wheels!

This Cyclist Guide contains the information you will need to get ready for the 2024 Medavie Blue Cross MS Bike. Don't hesitate to contact us if you have any questions or comments.

Good luck with your fundraising and training, and we look forward to seeing you on the routes on August 24th and 25th! Thank you for riding to stop MS!

– The Medavie Blue Cross MS Bike team

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

PRACTICAL INFORMATION



ARRIVAL AND CYCLIST REGISTRATION

FOR ESCAPADE PACKAGES (2-NIGHTS STAY)

FRIDAY, AUGUST 23, 2024

**Saint-Hyacinthe Sheraton Hotel from
4:00 p.m. to 8:00 p.m. :** 1315, rue Daniel-
Johnson Ouest, Saint-Hyacinthe (Québec)
J2S 8S4 (free parking)

- Check-in for hotel room at reception.
- **MANDATORY** pre-registration for the MS Bike at the MS Canada counter, on the right of the entrance hall.

SATURDAY, AUGUST 24, 2024

**Meet with your vehicle and bikes at the
departure site – departure from 6:30 a.m. to
10:00 a.m.**

- Starting point:
Polyvalente Hyacinthe-Delorme – 2700, av.
T.-D.-Bouchard, Saint-Hyacinthe (Québec) J2S
7G2 (entrance on Casavant Boulevard)

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

PRACTICAL INFORMATION



ARRIVAL AND CYCLIST REGISTRATION

FOR ADVENTURE (1-NIGHT STAY)

**SATURDAY, AUGUST 24, 2024 from 6:30 a.m.
to 10:00 a.m.**

→ Starting point: **Polyvalente Hyacinthe-Delorme**
2700, av. T.-D.-Bouchard, Saint-Hyacinthe
(Québec) J2S 7G2 (entrance on Casavant
Boulevard)



REMITTANCE OF FUNDS RAISED

While we prefer that donations be made directly on the donation collection platform.

If you received cash or cheque donations, you can give them to us on the morning of the event, upon registering. If you were unable to collect the minimum amount required, the balance will be charged to your credit card.

Please note that none of the donations received for the 2024 Medavie Blue Cross MS Bike can be transferred to the following year.

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

PRACTICAL INFORMATION



REWARDS

We will give you the fundraising reward(s) you earned when you register on Saturday morning. You can opt for another size than the one you indicated when you registered.



Jersey:
\$1,000 +



Shorts:
\$2,000 +



Vest:
\$5,000 +



I Have MS Jersey:
Any registered participant living with MS can receive this jersey



Cycling Cap:
Team Captain Reward

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

PRACTICAL INFORMATION



“I’M RIDING FOR...” RACE BIB

You can get a “I’m riding for...” bib when you register on Saturday morning. Pin it to your jersey to proudly display on whose behalf you are participating.



LODGING

All the participants will stay at the **Saint-Hyacinthe Sheraton Hotel.**

You can store your bike wherever you prefer, either in your room or in a room provided for this purpose.

On Sunday morning, please drop your luggage at the designated location and return your room keys to the reception desk before leaving the hotel.

Please pay any room expenses before leaving the hotel (mini bar, room service, etc.)

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

PRACTICAL INFORMATION



LUGGAGE

We ask you to identify your luggage in advance with your name and telephone number.

FOR THE GETAWAY PACKAGES (2-NIGHTS STAY):

Your luggage will already be at your hotel and it will be carry to the finish site on Sunday.

FOR THE ADVENTURE PACKAGE (1-NIGHT STAY):

Your luggage (one bag only) will be transported by truck to your hotel. Keep only the strict minimum with you.

Your luggage it will be carry to the finish site on Sunday.

*** We invite you to prepare a bag to leave in your vehicle on Saturday morning, with a change of clothes and shower products for when you arrive at the finish line on Sunday.**

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

PRACTICAL INFORMATION



BREAKFAST ON SATURDAY AND SUNDAY MORNING

FOR THE GETAWAY PACKAGE (2-NIGHTS STAY):

On Saturday and Sunday morning: you can enjoy breakfast directly at the hotel from 6:00 a.m. to 9:00 a.m. in the “La Maskoutaine #5” room.

* Don't forget to pre-register on Friday evening at the MS Canada counter at the hotel to obtain your bracelet for breakfast on Saturday morning. If you arrive at the hotel too late on Friday, your bracelet will be given to you at the MS Canada table near the entrance to the breakfast room.

FOR THE ADVENTURE PACKAGE (1-NIGHT STAY):

Saturday morning: We advise you to have breakfast before going to the event or to bring it on site. No breakfast will be served on site.

Sunday morning: you can enjoy breakfast directly at the hotel from 6:00 a.m. to 9:00 a.m. in the “La Maskoutaine #5” room.

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY) ADVENTURE PACKAGE (1-NIGHT STAY)

PRACTICAL INFORMATION



PARTICIPATION WRISTBAND

When you register, you will receive a participation wristband. This will allow you to access the different facilities of the event depending on your package (dinner, breakfast, cocktail, banquet, etc.)



ROUTES SIGNAGE

The yellow signs put up by the Vélo Québec team will make it easy for you to follow the MS Bike route. Follow the signs to reach the finish line without a hitch!



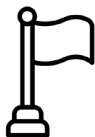
SHOWERS AT THE FINISH LINE

On Sunday, upon your arrival at Polyvalente Hyacinthe-Delorme, showers will be available in the locker rooms.

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

FIRST DAY SCHEDULE **SATURDAY, AUGUST 24, 2024**



ARRIVAL AT THE STARTING POINT, AT POLYVALENTE HYACINTHE- DELORME

Starting at 6:30 a.m.:

- Registration, remittance of the collected donations* and luggage drop-off (if needed)
- Remittance of your fundraising rewards

* If you did not raise the minimum amount required, the balance will be charged to your credit card.



START OF THE EVENT

From 7:30 a.m. to 10:00 a.m.:

Gradual departure, including the symbolic departure at 8:30 a.m. Please note that for safety reasons, a maximum of 15 cyclists is permitted per peloton.

8:30 a.m.:

Optional symbolic departure with speeches and official photos.

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

FIRST DAY SCHEDULE **SATURDAY, AUGUST 24, 2024**



ROUTES

The bike routes and elevation maps are available on <https://bit.ly/velosp2024parcours>.

Plan your trip:

download the **RIDE WITH GPS** application on your smartphone now and check out the various routes.

[Access the app's features by following the instructions \(in French only\).](#) If you use a GPS device, you can import GPX (or TCX) files directly from the app.

Download your routes the day before the event to make sure you have the most up-to-date data.

Routes in
Ride With GPS

Routes in
Google Maps

* Available on
August 19

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

FIRST DAY SCHEDULE SATURDAY, AUGUST 24, 2024



REFRESHMENT STATIONS

Refreshment stations will be at your disposal along the route. They have toilets, snacks and water points. In addition, a lunch will be provided at the lunch station.

- **Morning station:** from 8:00 a.m. until the rear peloton arrives
- **Lunch station:** from 10:00 a.m. to 2:00 p.m., or until the rear peloton arrives
- **Afternoon station:** from 9:30 a.m. until the rear peloton arrives



END OF THE FIRST DAY OF CYCLING

From 11:30 a.m. to 5:00 p.m.:

Participants arrive at the Saint-Hyacinthe Sheraton Hotel.

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

FIRST DAY SCHEDULE **SATURDAY, AUGUST 24, 2024**



WELCOME COCKTAIL

Starting at 4:30 p.m.:

Welcome cocktail at the Saint-Hyacinthe Sheraton Hotel offered by Tourisme Saint-Hyacinthe.

The reception will take place on the hotel's outdoor terrace or in the lobby of the banquet rooms in case of rain.

Business casual attire required



FESTIVE BANQUET

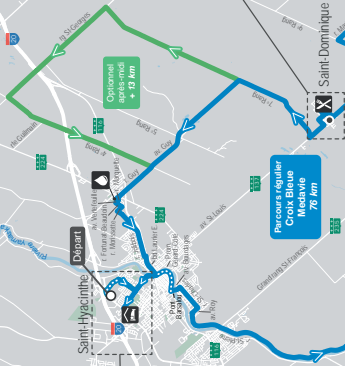
From 6:00 p.m. to 9:00 p.m.:

Banquet begins. A meal will be served, after which the MS Bike awards will be presented.

The award ceremony will be followed by a Masquerade Ball dance evening. We invite you to don your most elegant outfit and most beautiful mask and accessories in Mardi Gras colours to get into the masquerade spirit!

Vélo SP 2024 - Jour 1

Samedi 24 août 2024



Parcours régulier	76 km	Hébergement
Raccourci	55 km (-21 km)	Halle-dîner
Optionnel AM	97 km (+21 km)	Halle dîner
Optionnel PM	89 km (+13 km)	km 54 du parcours régulier
Optionnels AM et PM	110 km (+34 km)	Halle dîner
(---) sur piste cyclable		

Source: 2021 Admissio Québec GRQC Vélo Québec

ENLARGE IMAGE

Please note that the routes could be modified. Refer to the [Google Maps](#) itinerary for the most up-to-date routes.

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

SECOND DAY SCHEDULE **SUNDAY, AUGUST 25, 2024**



BREAKFAST

From 6:00 a.m. to 9:00 a.m.:

Breakfast directly at the hotel in the
“La Maskoutaine #5” room.



DEPARTURE FOR THE SECOND CYCLING DAY FROM THE SAINT- HYACINTHE SHERATON HOTEL

From 8:00 a.m. to 10:00 a.m.:

- Drop off your identified luggage at the designated location
- Gradual departure from the hotel

Note that for safety reasons, a maximum of
15 cyclists is permitted per peloton.

**Everyone must be checked out of the hotel by
noon*

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

SECOND DAY SCHEDULE **SUNDAY, AUGUST 25, 2024**



ROUTES

The bike routes and elevation maps are available on <https://bit.ly/velosp2024parcours>.

Plan your trip:

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[Access the app's features by following the instructions \(in French only\).](#) If you use a GPS device, you can import GPX (or TCX) files directly from the app.

Download your routes the day before the event to make sure you have the most up-to-date data.

Routes in
Ride With GPS

Routes in
Google Maps

* Available on
August 19

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

SECOND DAY SCHEDULE SUNDAY, AUGUST 25, 2024



REFRESHMENT STATIONS

Refreshment stations will be at your disposal along the route. They have toilets, snacks and water points. In addition, a lunch will be provided at the lunch station.

- **Morning station:** from 8:30 a.m. until the rear peloton arrives
- **Lunch station:** from 10:30 a.m. to 2:00 p.m., or until the rear peloton arrives
- **Afternoon station:** from 10:00 a.m. until the rear peloton arrives

EVENT DETAILS - 2 DAYS

GETAWAY PACKAGE (2-NIGHTS STAY)
ADVENTURE PACKAGE (1-NIGHT STAY)

SECOND DAY SCHEDULE **SUNDAY, AUGUST 25, 2024**



HEADING TOWARDS THE FINISH LINE!

From 11:30 a.m. to 5:00 p.m.:

Arrival of participants at the Polyvalente Hyacinthe-Delorme (showers and changing rooms accessible nearby).

- Celebrations surrounding the 35th anniversary of the event.
- Team photos on arrival.
- Gifts from the Medavie Blue Cross team.
- A drink and snacks will be offered to you.
- Baggage collection at the indicated location.

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

PRACTICAL INFORMATION



ARRIVAL AND CYCLIST REGISTRATION

**SUNDAY, AUGUST 25, 2024 from 7:30 a.m. to
10:00 a.m.**

→ Starting point: **Polyvalente Hyacinthe-Delorme**
2700, av. T.-D.-Bouchard, Saint-Hyacinthe
(Québec) J2S 7G2 (entrance on Casavant
Boulevard)

**The starting point for Discovery participants is
not the same as the others. After registering,
you will join the other participants at the starting
point of the route.*



REMITTANCE OF FUNDS RAISED

We prefer that donations be made directly on the donation collection platform. If you received cash or cheque donations, you can give them to us on the morning of the event, upon registering. If you were unable to collect the minimum amount required, the balance will be charged to your credit card.

Please note that none of the donations received for the 2024 Medavie Blue Cross MS Bike can be transferred to the following year.

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

PRACTICAL INFORMATION



REWARDS

We will give you the fundraising reward(s) you earned when you register on Sunday morning. You can opt for another size than the one you indicated when you registered..



Jersey:
\$1,000 +



Shorts:
\$2,000 +



Vest:
\$5,000 +



I Have MS Jersey:
Any registered participant living with MS can receive this jersey



Cycling Cap:
Team Captain Reward

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

PRACTICAL INFORMATION



“I’M RIDING FOR...” RACE BIB

You can get a “I’m riding for...” bib when you register on Sunday morning. Pin it to your jersey to proudly display on whose behalf you are participating.



PARTICIPATION WRISTBAND

When you register, you will receive a participation wristband. This will allow you to access the different facilities of the event depending on your package (dinner, breakfast, cocktail, banquet, etc.)

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

PRACTICAL INFORMATION



ROUTES SIGNAGE

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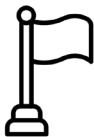
SHOWERS AT THE FINISH LINE

On Sunday, upon your arrival at Polyvalente Hyacinthe-Delorme, showers will be available in the locker rooms.

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

SUNDAY, AUGUST 25, 2024 SCHEDULE



ARRIVAL AT THE STARTING POINT, AT POLYVALENTE HYACINTHE- DELORME

Starting at 7:30 a.m.:

- Registration, remittance of the collected donations*
- Remittance of your fundraising rewards

* If you did not raise the minimum amount required, the balance will be charged to your credit card.



START OF THE EVENT

From 8:00 a.m. to 10:00 a.m.:

Gradual departure. Please note that for safety reasons, a maximum of 15 cyclists is permitted per peloton.

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

SUNDAY, AUGUST 25, 2024 SCHEDULE



ROUTES

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Plan your trip:

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Routes in
Ride With GPS

Routes in
Google Maps

* Available on
August 19

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

SUNDAY, AUGUST 25, 2024 SCHEDULE



REFRESHMENT STATIONS

Refreshment stations will be at your disposal along the route. They have toilets, snacks and water points. In addition, a lunch will be provided at the lunch station.

- **Morning station:** from 8:30 a.m. until the rear peloton arrives
- **Lunch station:** from 10:30 a.m. to 2:00 p.m., or until the rear peloton arrives
- **Afternoon station:** from 10:00 a.m. until the rear peloton arrives

EVENT DETAILS - 1 DAY

DISCOVERY PACKAGES

SUNDAY, AUGUST 25, 2024 SCHEDULE



HEADING TOWARDS THE FINISH LINE!

From 11:30 a.m. to 5:00 p.m.:

Arrival of participants at the Polyvalente Hyacinthe-Delorme (showers and changing rooms accessible nearby).

- Celebrations surrounding the 35th anniversary of the event.
- Team photos on arrival.
- Gifts from the Medavie Blue Cross team.
- A drink and snacks will be offered to you.
- Baggage collection at the indicated location.

GENERAL INFORMATION

Emergencies

If you are injured, lost or are having an emergency, call

514-292-8356

Roadside assistance and support

A team of certified cycling escorts trained in first aid and able to perform minor mechanical repairs will be riding along with you. If you need help, we can assist with motor vehicles at any time.

Respect the rules of the road and other road users

- Ride on the right-hand side of the road and in single file (groups must not exceed 15 people)
- Signal your intentions.
- Remember that it takes longer to come to a stop when braking in rainy conditions

GENERAL INFORMATION



Plan your trip. Keep with you at all time:

- A water bottle to fill (there will be water stations in several spots along the way)
- Cash or a credit card, your health insurance card and your cell phone
- Sportswear: bike shorts and a jersey, loose-fitting or soft clothing, bicycle helmet
- Sneakers or cycling shoes, preferably with a rigid sole
- A bike tire repair kit (inner tube, tire wrenches and bike pump)
- Sunscreen, a rain jacket and pants, shoe covers, etc.



Make sure your bike is in good condition

- Adjusted brakes and derailleur gears
- Lubricated chain
- Sufficiently inflated tires
- Accessories securely attached to the frame (water bottle holder, rack, etc.)



Look for the signs

The yellow signs put up by the Vélo Québec team will make it easy for you to follow the MS Bike route. Follow the signs to reach the finish line without a hitch!

INTERACT WITH THE **MS BIKE COMMUNITY**

Join the Facebook
group for MS Bike
cyclists

Engage with us by using
the hashtags and tagging
us in your posts:

#MSBike #stopMS



@Sclérose en plaques
Canada



@SPCanadaOfficielle



@Sclérose en plaques
Canada – Division du
Québec



THANK YOU
TO OUR
VOLUTEERS!

A BIG THANK YOU TO
OUR VALUED PARTNERS

PRIMARY PARTNER



SERVICES PARTNERS



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velosp@spcanada.ca | msbike.ca