



**St. Bernard Church**  
**GRAN 8:45 a.m. / 10 km**  
**MEDIO 9:05 a.m. / 10 km**

**START: Université Sainte-Anne**  
**GRAN 8:30 a.m.**  
**MEDIO 8:45 a.m.**  
**PICCOLO 9:00 a.m.**

**FINISH: Université Sainte-Anne**  
**PICCOLO 10:30 a.m. / 35 km**  
**MEDIO 10:45 a.m. / 67 km**  
**GRAN 12:00 p.m. / 128 km**

**Chez Marcel rest stop**

**On Sunday, Sept. 14, tune in to Radio CIFA 104.1 FM for live tracking of the cyclists!**

**Havelock rest stop**  
**9:30 a.m. GRAN / 38 km**

**Bangor Sawmill rest stop**  
**PICCOLO 9:50 a.m. / 19km**  
**MEDIO 10:15 a.m. / 50 km**  
**GRAN 10:30 a.m. / 72 km**

**Broker Link rest stop**  
**GRAN 11:40 a.m.**

**Smugglers Cove (on way back)**  
**GRAN 11:30 a.m.**

**St. Alphonse Church (on way to)**  
**GRAN 11:00 a.m.**

**Mavillette Beach rest stop**  
**GRAN 11:10 a.m. / 97 km**

**All times are approximate and based on the fastest participant in each race in the last Fondo.**

