

Forest Lea Odyssey – Participant Preparation

- If you have never ridden 70km, you should not sign up for the 100km route. If you sign up for the 70km route, make sure you are familiar and comfortable with riding at least 50km before the event.
- Make sure your bike is in good working condition and is safe to ride. If you're not sure, take it to your Local Bike Shop and have it inspected.
- Make sure to arrive at least an hour early on event day, to allow for sign in, number pick-up, and last minute preparations.
- It is a good idea to memorize your plate number, you may be asked for it while riding through check points.
- At least 35mm tires are recommended.
- Make sure to pack at least 2 spare tubes, and be sure to have enough air to fill them, either a pump or at least 2 Co2 cartridges
- Tire levers and some basic tools are never a bad idea.
- Have at least 2 large bottles of water with you, and bring whatever fuel your body needs to keep you riding.
- Both courses will be available for download for use with a cycling computer. It is recommended that you take the time well before the event to load the course to your device and ensure that it will work.
- Both courses will also be signed with arrows. This will be explained before the event. Make sure you understand what arrows you will be following.
- There will be a Water Station at Km-76 for the 100Km route, and at km-44 for the 70km route.
- On the smoother sections, there will likely be people riding in groups and drafting, it's a good idea to be familiar with "group riding" if you wish to do this.
- On the unmaintained sections, and high-speed sections, ride to your ability, give extra space, control your speed, and do not take risks.
- The rules of the road apply at all times. The roads are open to regular traffic which may include cars, trucks, and ATV's.
- All riders must be wearing an approved helmet while riding.
- There will be a "Sweeper ATV"
- If you need to DNF call Carey 613-401-4041, and we will try to make arrangements to get you back to the start finish
- In case of Emergency, call 911, then call Carey 613-401-4041.