Participation guide



Tour CIBC Charles-Bruneau

Fondation Charles-Bruneau

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Participation Guide

This guide is designed to provide you with important information in preparation for the 31st edition of the CIBC Tour Charles-Bruneau and to help you prepare, both leading up to and during the event.

How does the Tour CIBC Charles-Bruneau work

1. Riders pick a 1-, 2-, 3- or 4-day trek, either starting from or symbolically going by one of Quebec's four Charles-Bruneau centres and units.
2. Each day, more cyclists join the groups, which continue to grow.
3. On the final day, everyone comes together for the Grand Arrival in Boucherville, a festive celebration of the community's commitment to the cause.



The Tour, a turnkey formula

Your registration includes transportation from Boucherville to the hotel (and/or the return shuttle to the parking lot in Boucherville), lodging, meals, snacks, the chosen cycling equipment, professional supervision, and insurance coverage for the duration of the event.



Pairing based on caring

One of this event's strengths lies in its "pairing based on caring" component whereby each cyclist is paired with a young person whose picture is featured on their personal donation page. Cyclists also receive a badge in the young person's image, which they wear during the course of the event. If you wish to be paired with a specific child, please notify us as soon as possible.

Preparing yourself for the event

Toolkit on the Tour's website

- View the toolbox, which includes several elements that will prepare you for the challenge ahead and help you raise funds. (View details on page 10).

Bicycle mechanics

- Reminder: It is important to have a road bike in good working order. Have your bike checked prior to the event (condition of the tires, proper mechanical function, etc.).
- Every morning during the event, check your tire pressure, the oil on the chain, etc.
- A professional bike repair service will be offered free of charge along the entire route. The mechanic will also be available by appointment in the evening and during the hour preceding the departures in the morning. *Please note that participants will be responsible for covering the cost of spare parts, if required.*

Equipment and materials

A reminder to bring the following important items:

- Your bike and all the 2027 Tour items that were provided*
- Cycling shoes and shoe covers
- Cycling helmet
- Health insurance card
- A mesh laundry bag, marked with your full name, in which to place all your clothing items, individually identified. (offered only to cyclists in the two-, three- and four-day routes).

A reminder of the items we recommend you bring with you:

- Windbreaker / sleeveless vest / raincoat
- Arm and leg warmers
- Cycling sunglasses and sunscreen

Participants will be able to leave a day bag in their escort vehicle (with suitcases stored in a separate vehicle). They will also receive a baggage tag for identification purposes.

*If you wish to purchase additional equipment, please contact Audrey.

Participant Experience Coordinator
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100 km and + route

Minimum fundraising requirement: $2,500



Supervision along the route

Riders will be divided into pelotons of 15 or fewer cyclists, based on whether they wish to ride with specifics cyclists or on their cyclist profile (groups riding at different speeds).

The group must stay together at all times, and no breakaways will be tolerated. Riders may have to adjust their speed in order to keep pace with the group. In the event of a flat tire, for example, the entire peloton must come to a stop. Note that it is possible to change pelotons during breaks.

A ride leader will be designated in each peloton to ensure safety and group cohesiveness and to assist riders where required. Motorcycle escorts will also follow the peloton along the entire route, as will a bike mechanic, a SAG (support and gear) wagon, and a first-aid team.





80 km Discovery Trek

Minimum fundraising requirement: 1000 $



Supervision along the route

Riders will be divided into pelotons of 15 or fewer cyclists, based on whether they wish to ride with specifics cyclists or on their cyclist profile (groups riding at different speeds).

The group must stay together at all times, and no breakaways will be tolerated. Riders may have to adjust their speed in order to keep pace with the group. In the event of a flat tire, for example, the entire peloton must come to a stop. Note that it is possible to change pelotons during breaks.

A ride leader will be designated in each peloton to ensure safety and group cohesiveness and to assist riders where required. Motorcycle escorts will also follow the peloton along the entire route, and a first-aid team. A bike mechanic service will also be available at the starting point and at the rest stop.





50 km Discovery Trek

Minimum fundraising requirement : 500 $



Supervision along the route

For the 50 km Discovery Trek, all cyclists will ride together as one group at a controlled speed. Although you will be accompanied by police escorts, it is important to remember that the event takes place on public roads that are not entirely closed to traffic.

To prevent the peloton from becoming too spread out and to ensure everyone's safety, the group's speed will be controlled. You will be asked to stay together as much as possible. Please remain alert and pay close attention to your riding line, your surroundings, and the group so that you can react appropriately to any sudden changes.

Cycling marshals will also be present throughout the ride to help ensure the safety of the peloton and contribute to making your experience as enjoyable as possible. Motorcycle escorts will accompany the group along the entire route, along with a support vehicle (sag wagon) and first aid services. Mechanical assistance will be available at the starting area and at the rest stop.





At a-Distance Participation

No Minimum fundraising requirement



Trek selection

Take on a Short or Long Tour for the Cause:

- Choose a challenge that matches your abilities and make sure you are physically prepared.
- If you are planning a long-distance ride, plan your rest and refueling stops in advance.
- Make sure to choose a safe route that you feel comfortable riding (on bike paths or roads). Whenever possible, choose a route that mainly uses less busy roads or roads with a shoulder.

Make sure your bike is in good condition

- Inspect your bike and equipment (tire condition and pressure, proper brake, helmet fit, etc.).
- Check the weather forecast and dress accordingly.
- Prepare your water bottles and snacks (energy bars, bananas, gels, etc.) and bring your health insurance card.
- Make sure your cell phone is fully charged.
- Remember to wear all official Tour gear.

On the road…

Be respectful of other road users and follow all road safety rules at all times:

- Always ride single file.
- Ride on the right side of the road or on the shoulder whenever possible.
- Stop at stop signs and traffic lights.
- Be courteous and respect right-of-way rules, yield signs and other road users.

If you are taking on the challenge as a group

- It is important to ride single file and maintain a safe distance from other participants (approximately 2 metres between cyclists, including a 50 cm gap between your front wheel and the rear wheel of the cyclist ahead).
- A maximum of 15 cyclists per group is permitted by law.

Fundraising

To optimize your fundraising page and properly prepare your approaches

1. Be sure to complete your personal page (photo + motivation message)
2. View the toolbox on the Tour website - When you login to your profile, you have access to several tools: information about the Fondation, a list of fundraising ideas, sample emails to use to approach your contacts, etc.
3. Complete your fundraising. Please do not hesitate to contact us if required.

On social media

Fundraising efforts carried out before the event are of prime importance A Few Tips:

- Reach out to the Tour community on the "Tour CIBC Charles-Bruneau" Facebook group.
- Invite/inform your network about the challenge you have undertaken (sporting and fundraising). Post a video (or a text) in which you explain the challenge.
- Post a video (or a text) in which you explain the challenge.
- Share photos/videos of your preparation, during the Tour or after completing it.
- Add a link to your participant profile to all your posts and remind your community that there is still time to donate.
- Identify your donors in your photos and thank them throughout the week of the event.
- Use #TCCB in your posts and send us your highlights.

From July 3 to 9, call attention to the cause as you undertake your final fundraising efforts.

It is during this period that the community is invited to be particularly active on the Fondation's social media networks ("Fondation Charles-Bruneau" Facebook account and "Tour CIBC Charles-Bruneau" Facebook group).



Thank you for supporting the Fondation Charles-Bruneau's mission.

For more than 30 years, the Tour CIBC Charles-Bruneau has been gathering together cyclists from all over Quebec to savour a unique experience: that of riding to help advance research aimed at conquering paediatric cancer.

When a child receives a cancer diagnosis, chance alone is not enough. All the sciences must be mobilized in the service of finding a cure. By riding with us from July 3 to 9, 2027, you will make a real difference by helping to advance science.

About the Fondation Charles-Bruneau

The Fondation Charles-Bruneau's mission is to give children with cancer the best chances of recovery and improve each stage in the management of their care, from diagnosis to treatment and follow-up, by financing research and supporting the development of projects in the area of paediatric hematology and oncology.

Since its inception in 1990, the Fondation Charles-Bruneau has remitted close to $100 million to the four Quebec-based university hospital centres that take in young people with cancer (CHU Sainte-Justine, Montreal Children's Hospital, CIUSSS de l'Estrie-CHUS, CHU de Québec-Université Laval), for purposes of creating Charles-Bruneau Units and Centres as well as financing research on paediatric cancers. The Fondation Charles-Bruneau is the main funder of research in paediatric hematology and oncology in Quebec. In the fall of 2025, the Fondation reaffirmed its commitment by announcing an historic investment of $50 million between now and 2030.

In Quebec, 100% of children diagnosed with cancer are treated at a Charles-Bruneau Centre or Unit.

Efforts that make a difference

By participating in the Tour CIBC Charles-Bruneau, you make a direct contribution to ensuring that Quebec children with cancer can enjoy a healthy future.

Currently, more than 2,000 Quebec children are living with cancer, and more than 300 new cases are diagnosed each year. Thanks to the funds invested in research since 1990, recovery rates for the main types of paediatric cancer have risen from 30% to more than 80%.

Fondation Charles-Bruneau website
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