

Le déchainé



Clear skies with risk
of thunderstorms
29°C

Le Grand Tour | Saturday August 3, 2024

Today, everyone is 30 years old!

By Le Canard Déchainé

The very first time I rode the Grand Tour was at the turn of the century, encouraged by friends who had met the journalist Pierre Foglia, a cyclist among cyclists, and who couldn't get over it. Listening to them talk about their adventures, watching them float above their saddles, I decided to accompany them with Jonathan, the youngest participant in this edition, hoping he would be as enthusiastic as I was. I was worried, as we often are, for no reason. He immediately found his place, and then his rhythm.

On the second day, the editor of *Le Déchainé* wanted to interview him. His questions were very serious, the answers all absurd. He'd really liked doughnuts... When the journalist left, a little discouraged, I asked the preteen, dead with laughter, why he'd given him such a hard time. I was delighted by his answer: "He's not as

impeccable comments of a boy of the same age for whom the Grand Tour was like a training camp. Distances, times, intervals, everything was calculated. In short, two completely different experiences.

I'm telling you this because the following year, when I was offered the chance to write the texts for *Le Déchainé*, I remembered that everyone does the Grand Tour in a way that suits them. The road is the same for everyone. Everyone takes a different path. There are early risers and late arrivals, athletes and contemplatives, gregarious and solitary, know-it-alls and nonchalant, Cartesians and airheads, party-goers and sleepers, campers and snugglers, gourmets and frugal eaters, young people and their elders,

with multiple options, we served Baby Duck, a divine nectar, to the most valiant. They drank it up!

In the end, all these stories don't matter. All that matters is the present moment, what's in front of you today. Look up! All of it! So



The infamous Baby Duck wine, 2011



The Grand Tour's launch, 1994

good with young people!" Nothing more to say. Still, he couldn't wait to read about his first-ever interview in *Le Déchainé*. The next day, nothing. The following day, still nothing. A surprise awaited us the next day. His mocking statements, including those about myself, were matched by the

who have a longer experience of youth. No perfect answer, no universal truth, no absolute model. Just cyclists with desires, potential and personalities.

During the fifteen or so years - a little more, I think, I haven't counted - that I was the anonymous writer for *Le Déchainé*, I recounted some of these stories. As a bonus, in the early years, I answered *Le Déchainé* readers' mail. On the days when the mailbox ran dry,

I had to make things up, and everyone ended up believing that really surprising things were happening in a certain tent... One day, we got together a maximum number of cyclists named France to make the Tour de France accessible at last. We launched a memorable calf competition. And at the end of an Ontario stage

enjoy it all. Take a selfie with a cow you like. Say hello to someone watering their flowers while whistling. Ride with strangers for no reason at all, just because you like their pace. Smile, just to see. Stop next to a field that smells wonderfully of summer. Thank baggage handlers and marshalls. Turn a sunbeam into a blue sky. Admire a landscape you've never seen before. Repeat to yourself over and over that you're lucky and that this is what happiness looks like.

And remember, this week you turn 30, just like the Grand Tour. What's next? We'll see.

The present moment.



Help us ride greener! At the end of your meal, take a few seconds to return your trays to the sorting station and place your residual materials in the appropriate bins (refundable cans, recycling, waste) following the instructions. Thank you for your cooperation!

Read the Déchainé online
veloquebecvoyages.com/en/dechainé/





On the road

Regular route (71 km)

For your first day on the roads of the Outaouais, discover the banks of the Ottawa River, which will accompany you from start to finish! Toilet and water stop: at km 26, in Rockland.

Lunch stop, km 40, Cumberland

Enjoy the cheese of the day, courtesy of **Fromages d'ici**: Feta with Oregano (Fromagerie Saputo).

Optional routes this week

Please note that only turns will be marked on optional routes, and that our patrols will be less frequent throughout the week. If necessary, consult your logbook or Ride with GPS on your phone.

Gravel route (71 km)

Want to get away from it all, in the heart of nature? Opt for today's gravel trail! Almost the entire way, you'll be riding the Prescott-Russell Recreational Trail, a multi-purpose gravel path that crosses southern Ontario from the Quebec border to Ottawa on old railroad tracks. A cycling path to discover!

Option 1 (+35 km)

Feel like adding a few kilometers to your day? This first optional tour of the Grand Tour will allow you to extend your stay in Ontario by taking in some of the local farmland.

Option 2 (+21 km)

Did your lunch break give you extra energy? Continue your ride in the Ontario countryside with this second optional route, which takes you along the pretty, bucolic roads of Cumberland.

Shortcut shuttle (60 km)

Shave 11 kilometers off your day by taking the free 60 km shuttle. Drop by the Info booth before 9 a.m. this morning to register. The shuttle will drop you off directly on the course, 11 kilometers further on.



At the Gatineau village

Escape Café

Need a caffeine fix before or after your ride? Escape Café will be at the start from 6:30 to 10 a.m., and in the village in the afternoon.

Recover with le Lait

All week long, between 1 p.m. and 5 p.m., take advantage of the Chocolate Milk recovery zone set up in each village. Recover and start again the next day with chocolate milk, a lively source of energy, courtesy of Producteurs de lait du Québec.

Décathlon play area

From 11 a.m. to 7 p.m., come and try out several outdoor games (spikeball, badminton, archery and Finnish bowling) supplied by Décathlon!

Eye Am soins oculaires

In Gatineau, meet the Eye Am eye care team at their boutique truck and discover an exceptional selection of sunglasses designed by and for athletes. Today, all afternoon.

Siboire, the Grand Tour's official beer

Come and enjoy a good beer from Siboire, the official beer of the Grand Tour, every day in the bistro from 3 p.m.

Live podcast recording

For the first day of the Grand Tour, join us at 5 p.m. for the recording of the *Encycliques* podcast, where Jonathan and Benoit offer their views on everything to do with cycling!

Pool access

From 10:30 a.m. to 3:50 p.m., at the Centre sportif de Gatineau. Admission: \$10 for adults, \$5 for children under 5 and adults 65+.

Fireworks

At sunset, look south of the village for the Casino Lac-Leamy's *Grands Feux*! Tonight, the spotlight is on China, with a *Mulan* theme!

***** Want to have lunch in the village tomorrow? Mention it to the person in charge when you're in line to pick up your dinner, or at the Info booth before 9:00 p.m.**



Services

Info booth and boutique

From 12:00 p.m. to 9:00 p.m.

Mechanical booth

From 6:30 a.m. to 10:00 a.m.
From 2:00 p.m. to 7:00 p.m.

First aid

From 1:00 p.m. to 8:00 p.m.

Massage therapy

From 10:00 a.m. to 2:00 p.m. (lunch)
From 2:00 p.m. to 10:00 p.m. (village)



Today's menu

Your meal at the lunch stop

- > Greek salad with carrot stick and mayonnaise
- > Turlo' ham croissant; marinated tofu croissant
- > Fat-free, refined-sugar-free brownie cake

Your dinner

- > Baby arugula, quinoa and almond salad; chicken and vegetable soup
- > Traditional meat lasagna; baked salmon with garlic cream sauce; vegetarian lasagna; portobello mushrooms with tomato relish; vegetable and onion tian; wild rice and roasted vegetables; rosemary focaccia bread
- > Strawberry shortcake, fresh fruits



GRAND TOUR

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Le Grand Tour,
an event by

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