



# PRACTICAL INFO

**LBL Challenge 2024**

**Dear Participant,**

**We are delighted to welcome you to LBL Challenge 2024!**

**This guide gives you all the important info to make your participation run smoothly.**

**Good luck and see you at the start on Saturday 20 April!**

**Team LBL Challenge**



# **Collect Participant Pack**

## **Friday 19 April**

**Collection of participant pack - All distances:  
Rue de l'Esplanade, 4141 Sprimont (Banneux)  
1-7pm**

**OR**

## **Saturday 20 April**

**Directly via Scan & Ride system**

**253 km: 6.30am - 7.30am**

**155 km: 7.30am - 10.00am**

**79 km: 9.00am - 10.00am**

**Rue de l'Esplanade, 4141 Sprimont (Banneux)**



# Collect Participant Pack on Friday

- **Show your E-ticket**
- **Would you like to collect the participant pack for someone else?  
This is only possible on presentation of their e-ticket.**



# Participant pack content

- **Frame plate (front)**
- **Bib number (back)**
- **Frame sticker**
- **Safety pins and strips for frame plate & bib number**
- **6d Sports Nutrition Start pack (fruit & cake)**
- **(T-shirt Coupon – Only if you ordered a T-shirt)**



# **Start - Saturday April 20**

- **253 km: 6.30am - 7.30am**
- **155 km: 7.30am - 10.00am**
- **79 km: 9.00am - 10.00am**

**Rue de l'Esplanade, 4141 Sprimont (Banneux)**

## **Finish**

**Finish closes for all distances at 8pm**

**Rue de l'Esplanade, 4141 Sprimont (Banneux)**



# Merchandise

**Ordered a T-shirt or jersey online with your registration?**

- **Collect your T-shirt at the Merchandise stand with your T-shirt coupon**
- **Collect your jersey at the Santini stand**

**Feel free to buy a LBL Challenge bidon, T-shirt, hoodie, LBL-jersey or other articles at the Merchandise stand or at the Santini stand.**



**IMPORTANT!**

**Never leave your bike unattended!  
Use the guarded bike park!**

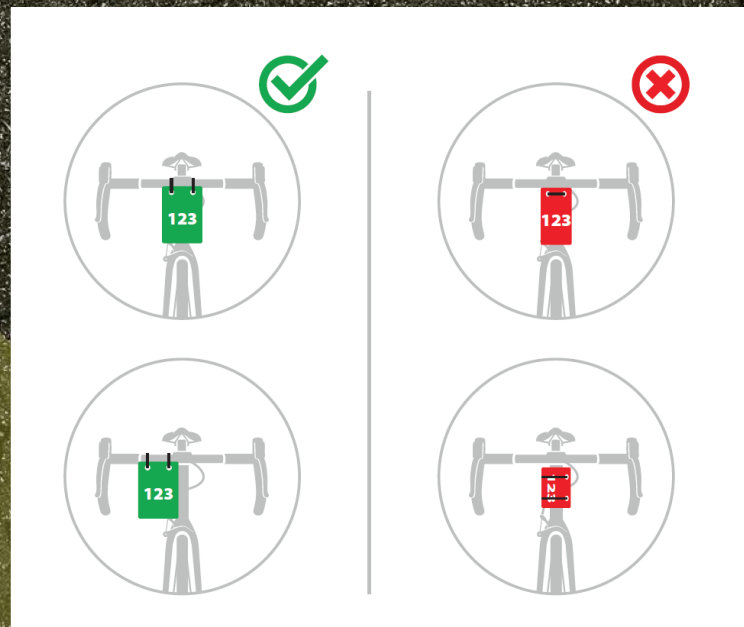
**Unfortunately, there are people with bad intentions  
hanging around and bikes are stolen every year.  
Especially when using the toilets.**





# Frame Plate

**It is mandatory to attach the frame plate in a visible place on the front of your bike's handlebars and your bib-number at your back. This is your official proof of participation and entitles you to supplies.**



# Highway Code

- **Respect the highway code and environment!**
- **The organisation and police will see to it that cyclists respect the highway code. Please follow the traffic rules, do not litter, or urinate in public.**
- **Follow the instructions of the stewards posted at busy crossings.**
- **Motorcyclists from the organisation will also be on the course to ensure the smooth running of the event.**
- **Use adequate lights when it's dark**
- **Make sure you always have some form of identification on you (ID card,...)**



# WE CARE ABOUT CYCLING DO YOU CARE?



# Technical assistance

- **There will be mechanics at the start and on the course on Friday and Saturday. Shimano teams will be on hand to assist you at the refreshment stations.**
- **Assistance is included, but take some cash with you in case you need to pay for equipment.**
- **Irreparable damage along the way? Call the number on the back of your frame plate for a repatriation.**
- **A small injury? The Belgian Croix-Rouge will be present at the refreshment points and can also help you on the course by calling the number on the back of your frame plate.**
- **Are you a victim of a personal injury? Call 112 directly or download the 112 app in advance, which will allow the emergency services to locate you.**



# Car Parks & Accessibility

**Address start/finish = Rue de l'Esplanade, 4141 Sprimont (Banneux).**

**On arrival at the site, stewards will guide you to the remaining parking spaces. Please respect the stewards' instructions so that they can help you as best as possible!**

**See the [mobility plan](#) for more information.**



# Course

- **All courses can be found [here](#)**
- **From Thursday 18 April, you can download the GPX files via our website.**





# Whatsapp

**Join our Liège-Bastogne-Liège Challenge Whatsapp channel!**  
**We're here to keep you updated with all the latest tips, tricks, and information to ensure you're fully prepared for this ultimate cycling challenge. 🙌**



# Refreshments

## Érezée (155 km & 253 km)

- **Timetable : 8.30 am – 01.00 pm**

## Bonnerue (253 km)

- **Timetable : 09.30 am – 12.15 pm**

## Houffalize (253 km)

- **Timetable : 10.30 am – 02.00 pm**

## Bosson (155 km & 253 km)

- **Timetable : 10.30 am – 04.30 pm**

## Aywaille (all distances)

- **Timetable : 10.00 am – 05.30 pm**

**Offer: Variety of 6d Sports Nutrition drinks & foods (gels, bars, isotonic,...),  
gingerbread, salted biscuits, fruit, pancakes,...**

**Foodmaker pasta and sandwiches are also provided for the for the 253 km (Bonnerue & Houffalize).**





# Various

- **You have paid a €5 deposit for the frame plate. After the ride, you can return your frame plate and receive a 6d Sports Nutrition package (while supplies last) or the €5.**
- **Showers/changing rooms are available at the start-finish location.**
- **You can have a drink and a bite to eat at the LBL village after your performance.**
- **It is possible to change your distance/name at the 'Change of name/distance' desk. Changing to a shorter distance is free of charge. You will be charged the difference in price for a change from a shorter to a longer distance. A name change is charged €5.**



# Let's make it an unforgettable day!

- **Be courteous and have fun!**
- **Enjoy the beautiful course.**
- **Listen to your body. If you feel unwell, take a break. If the feeling persists, stop.**
- **Without our volunteers, there would be no LBL Challenge. A smile or a thank you will certainly do them good.**
- **Last but not least - Be safe, be respectful & let's make it an unforgettable day!**



