



# PRACTICAL INFO

26.04.2025



# DEAR PARTICIPANT,

We are delighted to welcome you to LBL Challenge 2025!  
This guide gives you all the important info to make your participation run smoothly.  
Good luck and see you at the start on Saturday 26 April!

Team LBL Challenge



# COLLECT PARTICIPANT PACK

## ALL DISTANCES:

La Doyenne Café (large tent)  
on Rue de l'Esplanade, 4141 Sprimont

**FRIDAY 25 APRIL: 1-7PM**

## OR SATURDAY 26 APRIL:

- 253 km: 6.30am - 7.30am
- 163 km: 7.30am - 10.00am
- 80 km: 9.00am - 10.00am

\*We recommend picking up your pack on Friday so you can start right away on Saturday.



# COLLECT PARTICIPANT PACK

- If you arrive by bike – please install your bike in the provided and guarded bike park
- The collection of your participant pack is located in La Doyenne Café
- Show your E-ticket and your ID card
- Would you like to collect the participant pack for someone else? This is only possible on presentation of their e-ticket + ID-card (or picture).



# PARTICIPANT PACK CONTENT

- Frame plate (front)
- Bib number (back)
- Safety pins for bib number and strips for frame plate
- Frame sticker
- LBL Challenge Socks (or a coupon on Saturday for pickup afterwards)
- Maurten Starter pack (Gel 100 & Drink Mix 160 Sachet)
- (T-shirt Coupon – Only if you ordered a T-shirt)
- (Medal engraving Coupon – Only if you ordered Medal Engraving)



# START – FINISH

## START - SATURDAY APRIL 26

- 253 km: 6.30am - 7.30am
- 163 km: 7.30am - 10.00am
- 80 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 merchandise with your registration?**

- Collect your T-shirt at the T-shirt stand with your T-shirt coupon
- Engrave your medal at the Medal Engraving stand with your coupon
- Collect other merchandise - LBL Jersey/Bidon/trousers/poster/... - at the Merchandise stand (by name)

Be sure to stop by the Merchandise stand and pick up an LBL Challenge bidon, T-shirt, hoodie, LBL jersey, or another cool item!





# IMPORTANT!

## **NEVER LEAVE YOUR BIKE UNATTENDED!**

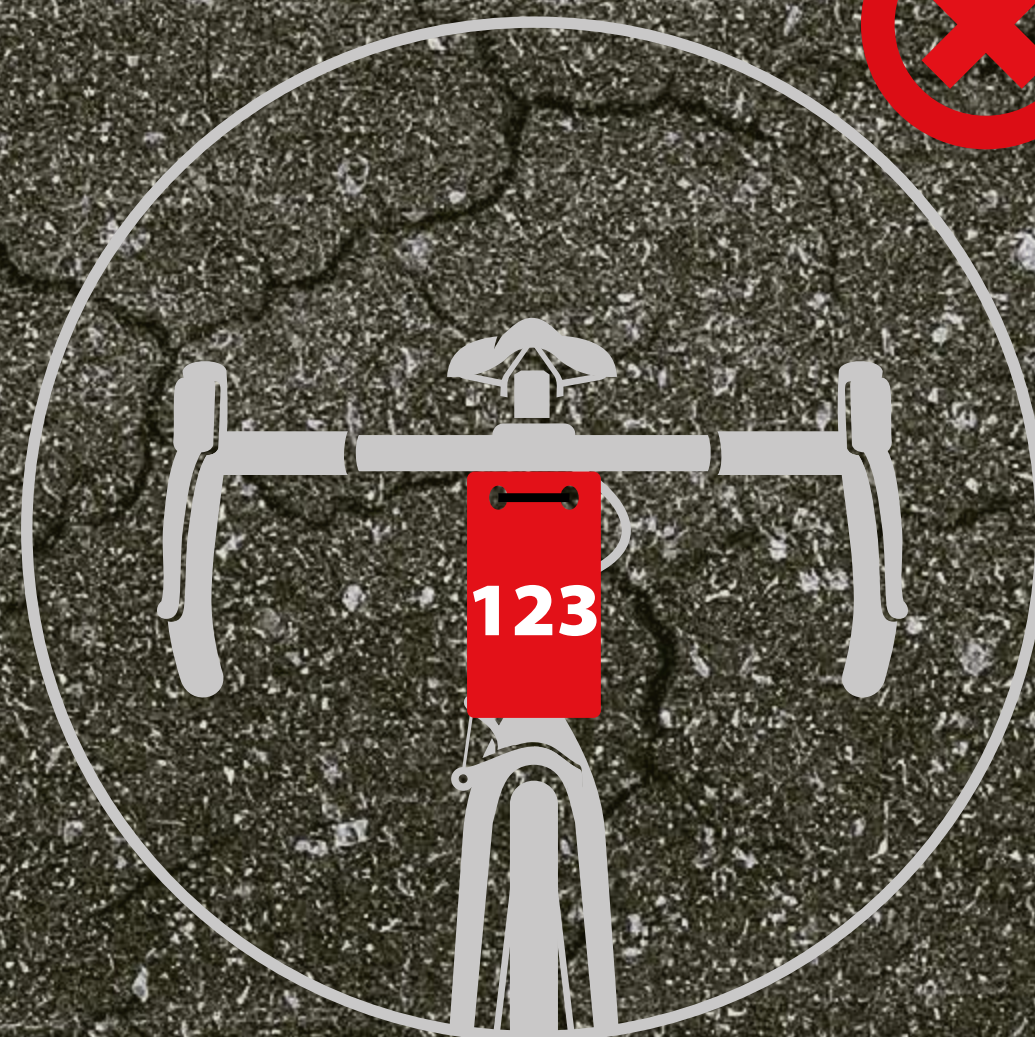
Use the guarded bike park!

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.

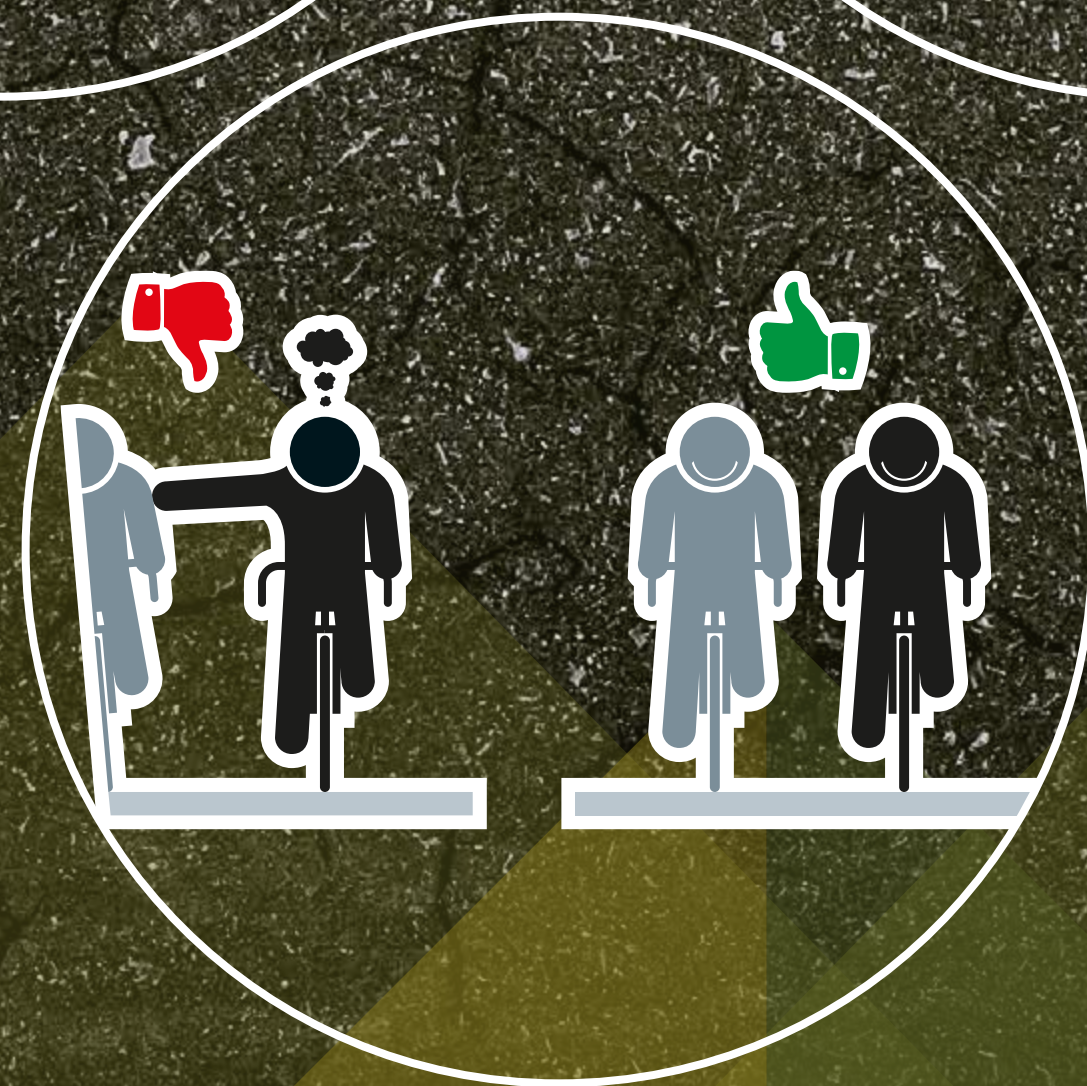


# HIGHWAY CODE

- LBL challenge is NOT a race, it is a recreational cycling event where general traffic rules apply.
- 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,...)



# 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!

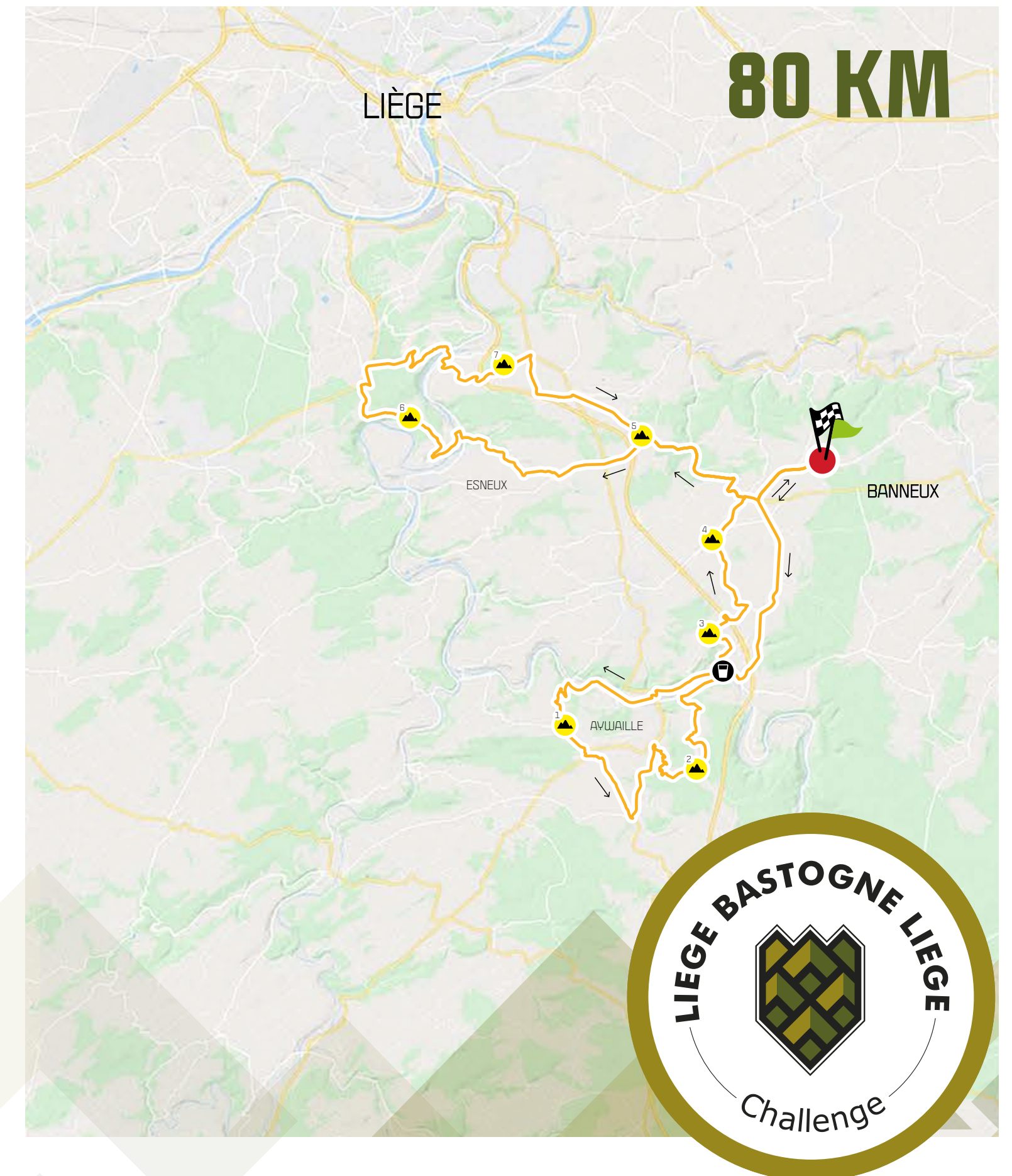
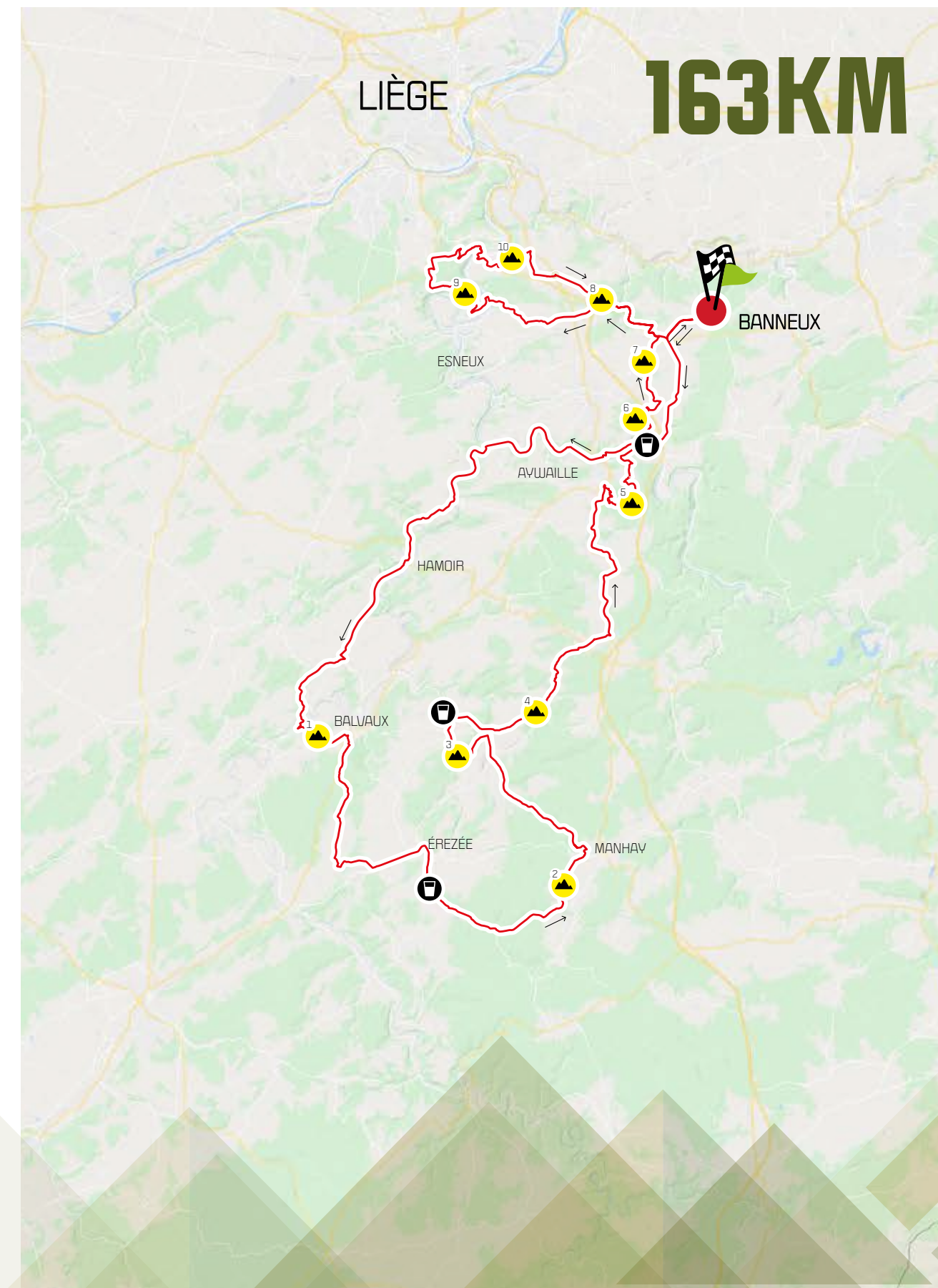
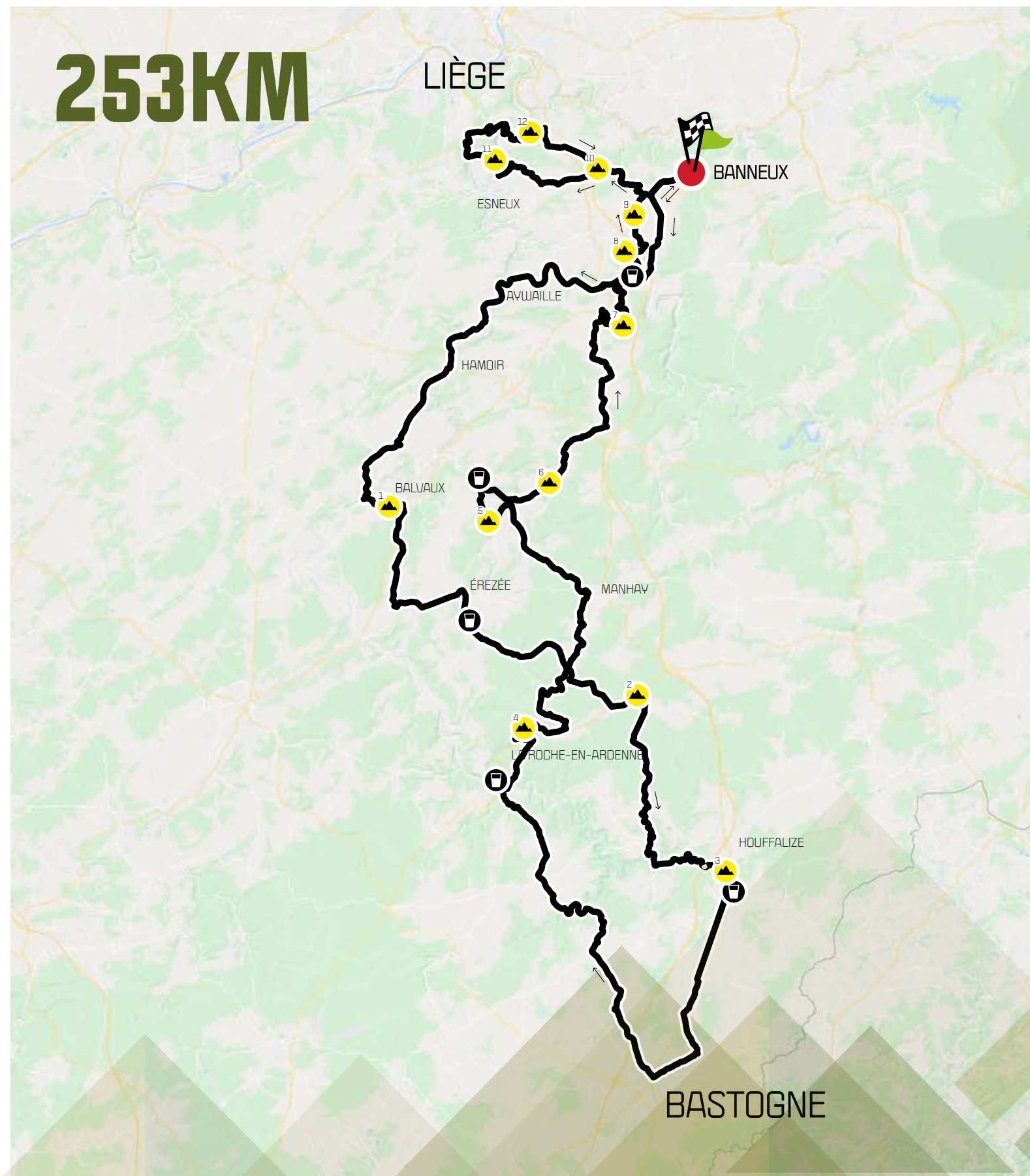
See the [mobility plan](#) for more information.



# COURSE

All courses can be found [here](#)

From Thursday 24 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 STATIONS

**Érezée**  
**(163 km & 253 km)**

Timetable  
8.00 am – 01.00 pm

**Houffalize,  
Saint Roch**  
**(253 km)**

Timetable  
09.30 am – 12.00 pm

**La Roche-en-  
Ardenne**  
**(253 km)**

Timetable  
11.00 am – 02.30 pm

**Heyd, Durbuy**  
**(163 km & 253 km)**

Timetable  
10.00 am – 03.30 pm

**Aywaille**  
**(all distances)**

Timetable  
10.00 am – 05.00 pm

Offer: Variety of Maurten products (gels, bars, isotonic,...),  
salted biscuits, waffles, candy, fruits,...

Foodmaker sandwiches and pasta are also provided for the for the 253 km  
(Houffalize & La Roche-en-Ardenne).



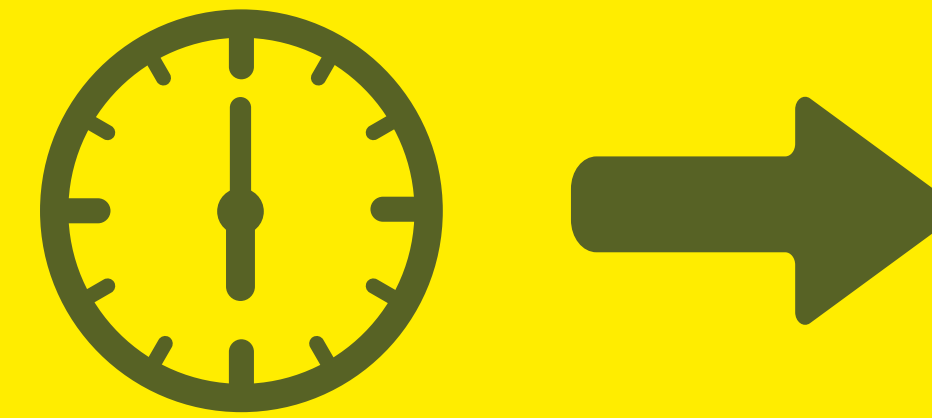
# HEALTH

- We advise everyone to avoid strenuous efforts for which they are not physically prepared. Make wise choices regarding the distance you want to cover and/or the pace you want to impose on your body.
- **Listen to your body!**



**IF YOU ARE HERE AFTER 6PM  
GO RIGHT (FOR 253KM ONLY)**

- To be sure everyone reaches the finish line on time (8pm) and before it gets dark outside, there will be a course change after 215km.
- If you do not reach this point (Louveigné) before 6pm, go right, and the finish line awaits you a few kilometers later.
- Location = Crossing Rue de la Gendarmerie – Rue du Pérreón



**IF YOU ARE HERE AFTER  
6PM, GO RIGHT.**

**SI VOUS ÊTES ICI APRÈS  
18H, ALLEZ À DROITE.**



# VARIOUS

- You have paid a €5 deposit for the frame plate. After the ride, you can return your frame plate and reclaim 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!





# Teamleader

