

MUDDY WATERS

RIDES AGAIN!

100 KILOMETRES



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Muddy Waters Rides Again!

Habitat for Humanity Manitoba

Mission Statement

By mobilizing volunteers and community partners, Habitat for Humanity Manitoba works with people from all walks of life to build affordable housing for low-income working families.

Vision Statement

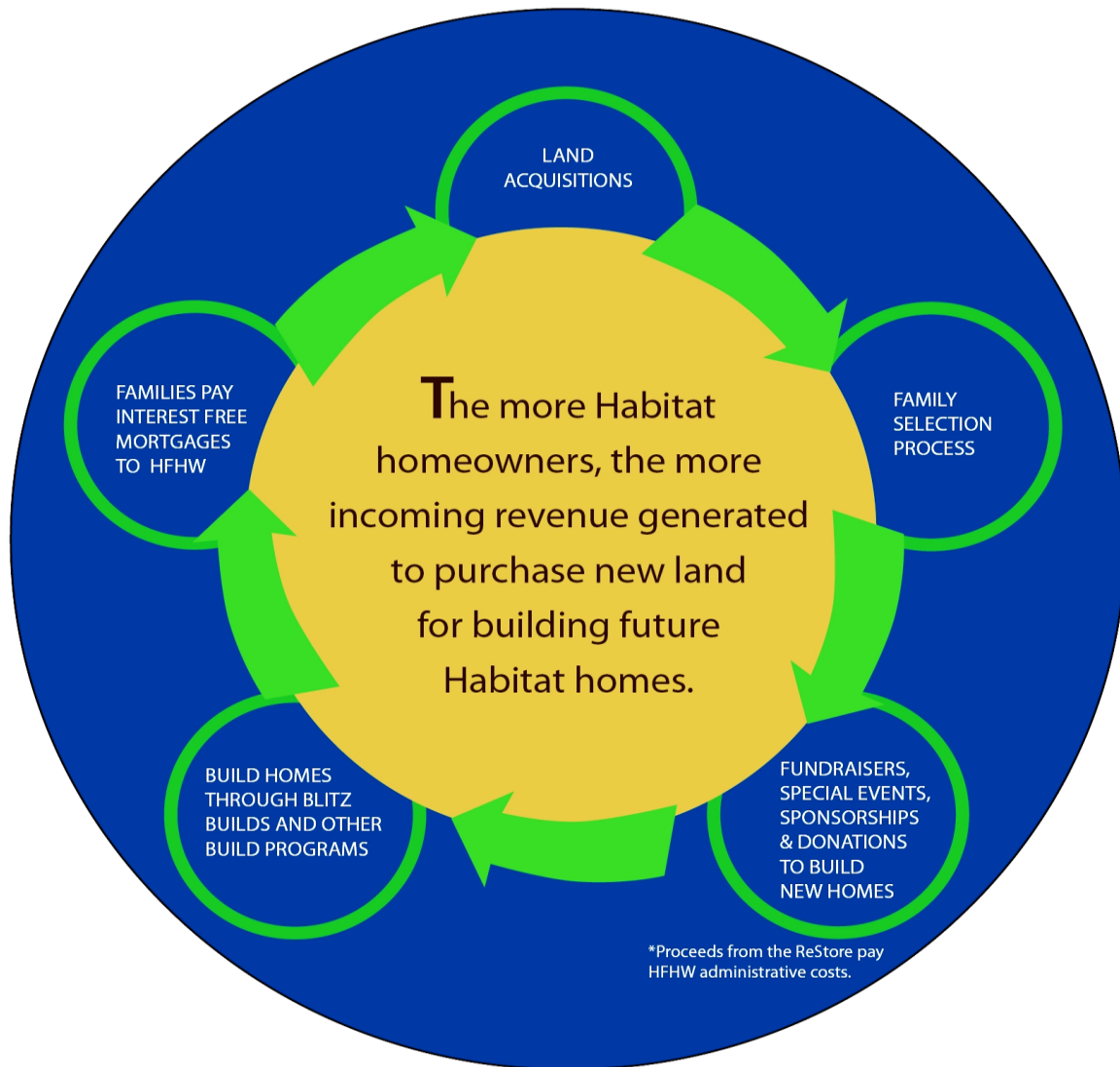
Help eliminate poverty housing in Manitoba by providing our families the foundation for positive change.

Cycling for Habitat – how you are helping

All monies provided to us for our build program, which is 100% of the funds you have raised from participating in Muddy Waters, yield a measurable financial return on that investment, in perpetuity.

Most charities pay for their administration, marketing and fundraising expenses with a portion of the money they raise. Several charities have figured out a way to pay for themselves, thus allowing donations to be used in their entirety in their programs. Habitat is part of the latter group but additionally, as far as we have been able to determine, we are the only charity that uses the same money over and over again.

Here is how it works. ...



Ride Day Information

Event Day: Sunday, August 12, 2012

Location: North side of Kildonan Park

Your Route: you have selected the 100 km route which departs at **9am sharp!** *You are strongly encouraged to arrive no later than ½ hour before your departure time.* Check out your mapped route (in both map image and written directions) on the last pages of this Ride Guide.

Also, be sure to stay for Fun @ the Finish Line! Enjoy some good food and camaraderie with your fellow cyclists.

Updates and fundraising tips at www.habitat.mb.ca

Schedule for 100 km ride

8 - 8:30 am	Sign in
8:45 am	proceed to the start line
9 am	away you go!
Noon - 2 pm	after your ride, head over to the Sign Up table to collect your complimentary commemorative item and enjoy a post-ride meal, refreshments, and entertainment. Check out what the Bike Shops have to offer!

Cars/Bikes/Valuables @ Kildonan Park

Cars

Parking will be at a premium, so please make arrangements to minimize vehicles at the park. **NOTE:** Please ensure that wherever you park, you lock your vehicle and keep all valuables out of sight.

Bicycles

Ensure you bring a bike lock so you can secure your bike while you relax and share some Fun @ the Finish Line.

Valuables

Habitat cannot accept responsibility for lost or stolen articles. We recommend you do not bring items with high monetary or sentimental value.

Fun @ the Finish Line

Meals

After your ride, enjoy your complimentary meal – and yes, there will be a vegetarian alternative. Make sure you get there before 3pm!

The picnic shelters will offer limited seating, so you may have to enjoy your food picnic style.

Entertainment

To be announced. Please check the Muddy Waters link under the Events tab at: www.habitat.mb.ca

Bike Shops

Check out what the local Bike Shops have to offer at the Finish Line! More details coming: www.habitat.mb.ca



Rain Day/Weather/Emergency First Aid

Rain Day

Dress for the weather - rain or shine. **The event will only be cancelled if there is lightning.** The Organizing Committee will be continually updated regarding weather conditions. The Team Captains, on each ride, will be in communication with the Organizing Committee and will be informed if any changes need to be made.

Weather

Please dress appropriately. Prepare for the cold, heat, humidity /or rain. Wear layers of clothing that can be added to or peeled off if necessary. Please bring your own rain gear, mosquito repellent, sunscreen, and water bottles. You may need a small pack to carry your gear in.

Rides Again!

Safety

Safety is of the utmost importance, thus every rider must wear a helmet. All traffic laws must be obeyed, including riding single file, and stopping for all traffic lights and stop signs.

Check out the 'Bike Safely' booklet on the Manitoba Public Insurance website at:

http://www.mpi.mb.ca/english/rd_safety/bikesafe/AdultsCyclingbooklet.pdf

Those of you who have bikes equipped with aero bars, please use the aero position only when riding alone – not in a pack of riders. See Q & A below for more details.

Reminder: This fundraising event is a ride, not a race.

Emergency First Aid

All routes are professionally patrolled with an on course First Aid service provided by The Canada Ski Patrol. They will be in clearly identified roving medical units.

Q & A

Q: *Will the route be marked?*

A: Yes, the route will be marked with directional signs. You will also be provided with a map and written directions for each of the routes, included in the final pages of this Ride Guide. Please fold these and bring along for the ride. Please show extra caution along any construction areas.

NOTE: Routes are subject to change. Any route changes will be provided as both an update on the website, and handed to you on Ride Day at the Sign In desk.

Q: *What do I need to bring?*

A: For your body:

Water bottles or a hydration pack (refill at rest stops)
Sport bars or food you enjoy (refill at rest stops)
Clothing suitable for expected weather (avoid cotton shirts)
Cycling gloves if you prefer
Eyewear
Sunscreen, mosquito repellent
Identification (including any Medical Alerts)
Cell Phone
Helmet (mandatory)

For your bicycle:

Spare tubes or patch kit
Pump and tire irons
Allen key set

Q: *Do I need to follow the traffic laws for this event?*

A: All traffic laws need to be followed: stop at stop signs and red lights, and ride single file. Check out the 'Bike Safely' booklet on the Manitoba Public Insurance website at: http://www.mpi.mb.ca/english/rd_safety/bikesafe/AdultsCyclingbooklet.pdf

Q: Why is the use of aero bars discouraged?

A: You may be riding with cyclists with whom you may not be familiar. Sudden changes in the behavior of a pack of cyclists can result in significant mishaps if riders are not able to react quickly. This is why we ask riders to not use the aero position unless riding on their own. This fundraising event is a ride, not a race.

Q: I'm not 18, can I still participate?

A: Absolutely, but you will need a parent or guardian to sign the waiver/consent form. Please download the registration form from the Muddy Waters website. Choose one method of getting it to us:

1. Fax it to 233-5271 with credit card information
2. Scan it and return to bcameron@habitat.mb.ca
3. Mail/drop off the form with your registration fee. Cash payments must be made in person; cheques can be provided in person or by mail).

Registrations must be in by midnight, August 6, 2012.

Q: I have a small child and/or pet that has travelled in other events in a trailer; can I do this for this event?

A: Yes, as long as they are comfortable being in the trailer for a length of time. Please come prepared with anything they may need to make the trip enjoyable, i.e. toys, water, food, etc. Please ensure that you have bags for any animal waste, and that pets are leashed and in your control when not in the trailer.

Q: Is there an age restriction for the longer rides?

A: No, not necessarily. This would be very dependent on the experience and fitness level of the rider. We suggest having a buddy system if tackling the 100K or 100M ride for the first time. To be able to ride these distances, one should be able to cycle for 6 or 7 continuous hours. If this sounds like too much, consider a shorter ride, and plan on tackling a longer course next year!

Q: *How long will on course support be available?*

A: On course support will be withdrawn at 3pm; this means Rest Stops, the complimentary meal and Emergency First Aid will end at this time. Please ensure the route you choose is appropriate for you to complete within this time frame at your cycling level.

Q: *If I register by myself, can I pair up with someone at the event?*

A: Yes, there will most likely be others who will be at the same cycling level that you are, therefore you would be able to ride together single file.

Q: *Can I register on the day of the event?*

A: No. All registrations need to be in by midnight, August 6th, 2012.

Q: *What does my registration cost cover?*

A:

- Fully supported ride with Rest Stops that include on course refreshments, snacks and washrooms.
- Planned, marked routes
- All routes are Professionally Patrolled First Aid service
- A light meal post ride with entertainment
- Complimentary commemorative item that you can collect after you've finished your ride
- Online fundraising

Q: *Can I have my registration fee refunded if I decide to not go on the ride?*

A: No, the registration fee is not refundable. If you wish, you may choose a different distance for your ride.

Q: *If I want to continue to fundraise after I am done riding can I do so?*

A: Yes cyclists can fundraise until the end of August as long as your minimal fundraising monies are in no later than midnight August 9th, 2012. The \$50 minimum of funds raised is required for you to participate.

Q: *What happens to the funds I raise?*

A: One hundred percent (100%) goes towards the building of a home for a low-income working family.

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Thank you for making Winnipeg a Better Community by Participating in this event, we hope we can count on your support again in 2012! Enjoy the rest of your summer.

Muddy Waters

Rides Again!

The preliminary 100km map is on the next page. This map is for general reference only and will be refined in May.

