

Habitat for Humanity Muddy Waters Gran Fondo Cycling Event

Q & A

Q: **Is there a registration fee and if so, how much?**

A: There are no registration fees, but there are minimal fundraising fees that must be raised and returned to Habitat in order to participate. We encourage all participants to fundraise more than the minimal required amount. For any donation of \$20.00 or more, an official tax receipt will be issued to your supporter.

Q: **How long is the route?**

A: The following timeframes are approximate as the length of time depends on the speed that you travel.

25K – 2hrs

60K – 4hrs

100K – 6hrs

100M – 7hrs

Q: **Will the route be marked?**

A: Yes the route will be marked sporadically with signs and you will also be provided with a map and written directions for each of the routes. Please fold these and bring along the ride.

Q: **Are there any lane closures on Main St. for the event?**

A: At the start of the ride, all riders are led down Main St. by the Winnipeg Police. They will be providing rolling closures, on Main St. only; therefore you won't need to stop at the lights. The median lane **must** remain clear at all times this will be for police cars only. Once the 25K riders turn off Main St. all traffic laws will take affect for the rest of the ride. For the other routes, 60K, 100K and 100M, the Police escort continues to the Perimeter Highway and once past that point, all traffic laws will then take effect.

Q: **Is this event strictly a road race or can relative “newbie’s” to cycling participate?**

A: The event is not a race; it is for all cycling levels. The 25K, to Kildonan Park, is our individual and family ride. The 25 km is our shortest route and is recommended for entry level riders and families.

Q: **What do I need to bring?**

A: For your body:

2 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

Eyewear

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: For the start of the ride, all riders will be led down Main St. by the Winnipeg Police, but on the return ride, all traffic laws need to be followed, ie stop at stop signs and red lights, ride single file, etc.

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

A: Yes, you will still be able to participate, but you will need a parent or guardian to sign the waiver/consent form. Please download the registration form from the Muddy Waters website, fill it out and either fax it over with credit card information and we will process here at the office, or mail/drop off the form with your registration fee (cash-in person or cheque-in person or mail).

Q: I have a small child; can I bring them in a bike trailer?

A: Yes, you can have a bike trailer attached to your bicycle.

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

A: Yes, as long as your pet is comfortable being in the trailer for a length of time. Please come prepared with anything your pet may need, ie. baggies, water, food, etc.

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

A: No, not necessarily. This would be very dependent on the experience of the youth. We would suggest having a buddy system should they decide to do the 100K or 100M ride. The one question to ask is, "Can my son/daughter ride for six to seven hours continuously?" By answering this question, it should make the decision if a shorter ride might be more appropriate. No food will be available at the forks past 4:00 pm and all rest stops will be closed no later than 4pm depending on the route please re-visits schedule in your package to review closing times of all rest stops. Please ensure the route you chose is appropriate for you to complete in these time frames at your cycling level.

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

A: No, all registrants need to be done in advance. The cutoff date for registration is August 5, 2011 at 2 p.m.

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

A: No, the registration fee is not refundable. You are able to change your ride choice to another distance. If there are additional fees connected to the alternate distance, you will need to provide the difference. You can come to the Administration Office, 60 Archibald St., Monday to Friday, between 8:00-4:00pm, with your funds.

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

A. Yes cyclist can fundraise until the end of August for Muddy Waters Gran Fondo, as long as your minimal fundraising monies are in no later than August 5, 2011 by 2pm. Check out our prize incentives for fundraising on our website.

Q. **Will there be T-Shirts for sale at site?**

A. There will be high quality breathable cycling shirts from the 2010 ride for sale at the site (limited amounts and sizes available \$10.00) if you wish to purchase remember to bring form of payment with you. No cotton t-shirts from the 2011 ride will be available. If you wish to have a 2011 T-shirt please register and have your minimal fundraising fees in prior to midnight July 22,2011 as no additional shirts will be ordered this year.

If you have any further questions or concerns please contact Lori, special events manager at 235-2182