



**CYCLE OF**

**HOPE**

**2026**

**May 9  
Team  
Meeting**



# Agenda

## **Why you are here and what you need to know.**

- Annual Report
- Meet the Team
- Fundraising Update
- Fundraising Spotlight
- Promotional Tools
- Community Impact
- Expenses
- Expectations
- Riding Groups
- Principles & Rules
- Code of Conduct
- Emergency Care
- First Aid Overview
- Weather Overview
- Tracking Riders
- Bike-to-Work Day
- Private Alumni Event
- Team BBQ
- Training Rides
- Questions & Answers

# 2025 Annual Report

## In this Report

- From record-breaking home completions to strengthened community partnerships and fundraising events – this report has it all - Including:
  - Cycling Events
    - Darrel's 24-hour ride
    - Cycle of Hope
    - Ride Around the Lake



# Cycling Committee

**The heart behind the epic ride.**

Dave Plummer	Rider Experience	Julie Paterson	Community Support
Gareth Mills	Support Team	Mark Moore	Sponsorship & Community Support
John Hill	Route Design	Rosie McEvoy	Health & Safety
John Scott	Mechanical Support	Trudy Matthey	Food Support



<b>In-person</b>			
Barry S.	Greg D.	Kevin G.	<b>31</b>
<b>Brian J.</b>	Henry F.	<b>Leanne T.</b>	<b>32</b>
<b>Cal K.</b>	Jeff G.	Mark M.	<b>33</b>
Cecil A.	Jeff M.	Marta S.	<b>34</b>
Cheryl C.	<b>Joanna S.</b>	Miles P.	<b>35</b>
Cristina D.	<b>Joel G.</b>	Priti S.	<b>36</b>
<b>Dan P.</b>	John H.	<b>Quinn M.</b>	<b>37</b>
Dave P.	Jose B.	Ross L.	<b>38</b>
Derrick S.	Ken B.	<b>Scott D.</b>	<b>39</b>
Gord S.	Ken H.	<b>Viola P.</b>	<b>40</b>



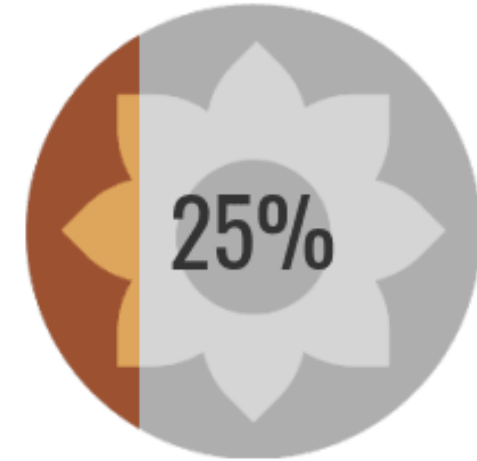

**Team  
Roster**

<b>Virtual</b>			<b>Support</b>
Allison B.	Julie P.	Tony H.	Brett B.
Brent G.	Kathleen K.	Yvonne S.	Debra S.
<b>Christa M.</b>	Ken F.	23	Gareth M.
<b>Christina F.</b>	<b>Korie W.</b>	24	John S.
Debbie T.	Lynette F.	25	Lawrence B.
Dwight W.	<b>Matheus S.</b>	26	Rick M.
Guy B.	<b>Michele H.</b>	27	Susan M.
<b>Jamie H.</b>	<b>Rob B.</b>	28	Trudy M.
Janet N.	Ron P.	29	Vi S.
Joanne P.	<b>Sara T.</b>	30	10

# Fundraising Update

## Target: \$150,000 NET

- Total raised to date: \$37,348
- Percentage of goal: 25%
  - Ahead of last year
- How much have I raised?
  - Detailed reporting on demand
  - This year / previous years



RAISED:  
**\$37,348**

GOAL:  
**\$150,000**



# Top Fundraisers

**Cyclist:** Mark M. - \$8,525

**NEW Rider:** Joanna S. - \$1,225

**Team:** SKOBIKN - \$1,075

**Chapter:** Winkler-Morden - \$750

**Virtual Cyclist:** Kat K. - \$520

**Volunteer:** Gareth M. - \$825



# Fundraising Spotlight

## Brett's Green-Thumb Fundraiser

- These vibrant, easy-to-grow red Canna Lillies thrive in our Manitoba summers and make a stunning statement in any yard, patio, or outdoor space.
  - **Individual Red Canna Lily: \$10**
    - *In a Red Solo Cup*
  - **Large Feature Pot: \$25**
    - *Limited quantities available*



# Fundraising Spotlight

## Flow for Foundation

- **Join Priti in the Park**
  - Enjoy a guided 45-minute gentle flow class to help a family in our community.
  - **Click [HERE](#) to register**
  - Date: Thursday, May 28
  - Time: 6:00 PM – 7:00 PM
  - Location: Cordova Park, River Heights



# Fundraising Spotlight

## Trudy's Unethical Fundraiser

- Trudy promises to NOT poison your loved one during the ride for a “donation” of \$25
- Other arrangements can be made upon request
  - Just kidding of course...



# Promotional Tools

## Everything you need

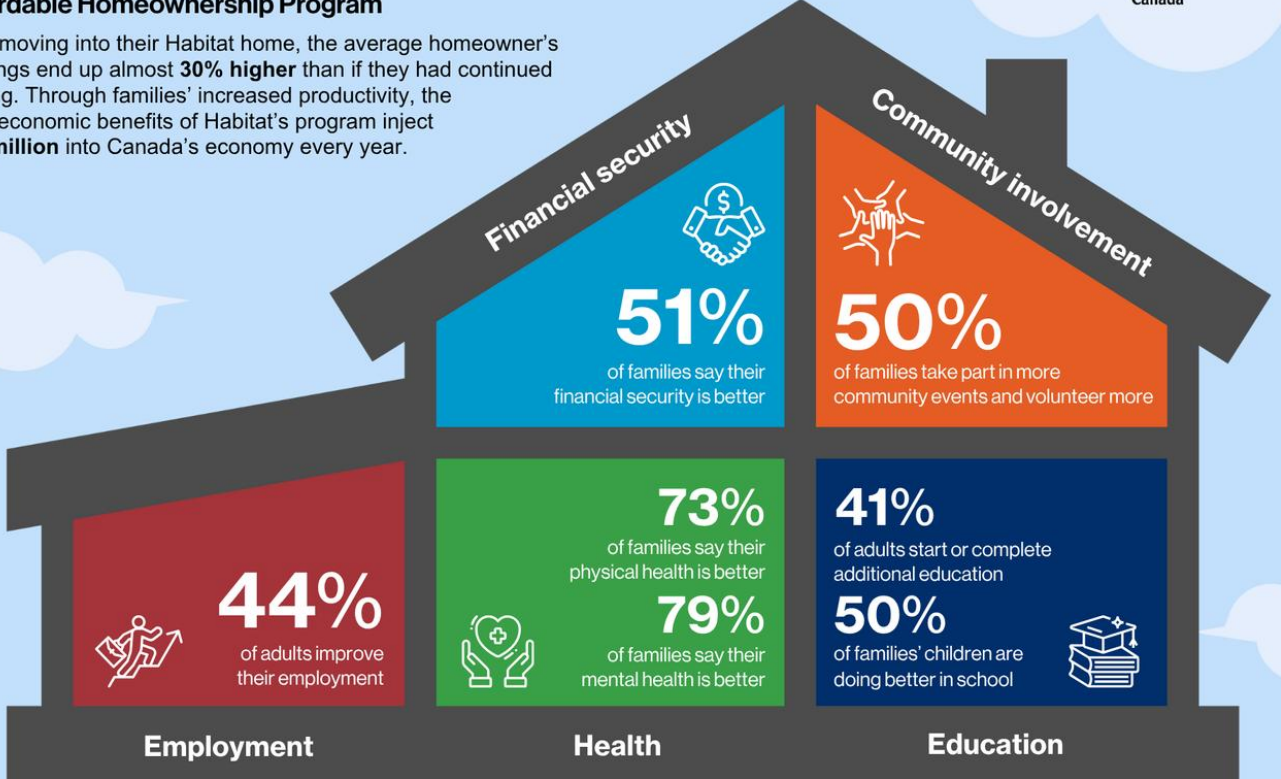
- Personalized business cards
  - Ready for pick up
- Downloads
  - Donation Pledge Forms
  - Posters / Postcards
  - QR Codes
  - Social Media Tool Kit
  - DIY Bike Maintenance
  - Group Riding Etiquette
  - Packing Suggestions
  - Team Presentations



# Community Impact Statistics

## Building Homes, Communities and Hope: The social and economic impacts of Habitat for Humanity's Affordable Homeownership Program

After moving into their Habitat home, the average homeowner's earnings end up almost **30% higher** than if they had continued renting. Through families' increased productivity, the socioeconomic benefits of Habitat's program inject **\$35 million** into Canada's economy every year.



# Expenses (In-person)

## Registration includes:

- Transportation & logistics
- Basic accommodations & showers
- Commemorative jersey & T-shirt
- Most meals, snacks and non-alcoholic beverages
- Support team training & equipment
- Road-side rest stops
- Misc. event expenses

## Exclusions:

- Ice cream stops
- Local attractions & activities
  - Winkler Harvest Festival – August 8
- Alternate accommodations
  - Want to stay at a hotel one night?  
Please book on your own
- Tires, tubes and bike parts
- Gratuities for support team



# Expectations

- Be an Ambassador
  - The team members are recognized as representatives of Habitat for Humanity Manitoba and we must conduct ourselves as such
- Do not litter
  - Support vehicles and rest stops will have garbage bags
  - Do not leave any garbage behind (including biodegradable waste)
- Respect our host facilities
  - No alcohol or recreational drugs at overnight accommodations
  - Be aware of special/unique requirements and respect the host facility requests
    - IE: Specific areas for smoking & bike storage
  - If something is damaged, notify the committee and address with the host facility



# Team Interactions

## Be Open & Respectful

- Weather, fatigue, aches & pains can affect everyone's mood.
  - Be patient with each other and work out issues respectfully.
- If you are feeling frustrated, exhausted, disappointed, angry or simply don't want to ride anymore.
  - Take a break.
    - You don't have to ride every km
  - Talk to a committee member
- The Organizing Committee
  - Makes the final decisions on route and cyclist safety
  - We will meet at the end of each day to debrief
- This is a very experienced team
  - Most of the team has been there, done that and will be happy to share knowledge from past tours.



# Expectations

## Individual performance

- Physical Stress
  - Attend to how you feel physically and emotionally
    - If you over-exert you may seriously injure yourself
    - Don't be reluctant to rack your bike and ride in the support vehicles
  - This should be an enjoyable trip for everyone involved



# Expectations

## Be discreet:

- Be conscious of where you take “bio-breaks”
  - Not on the road or in plain sight
  - Be sure to leave your bike by road
- Wear appropriate sleeping attire
  - No one wants to see you walking around in your underwear
- Avoid changing in plain sight



# Riding Groups

## Find your group

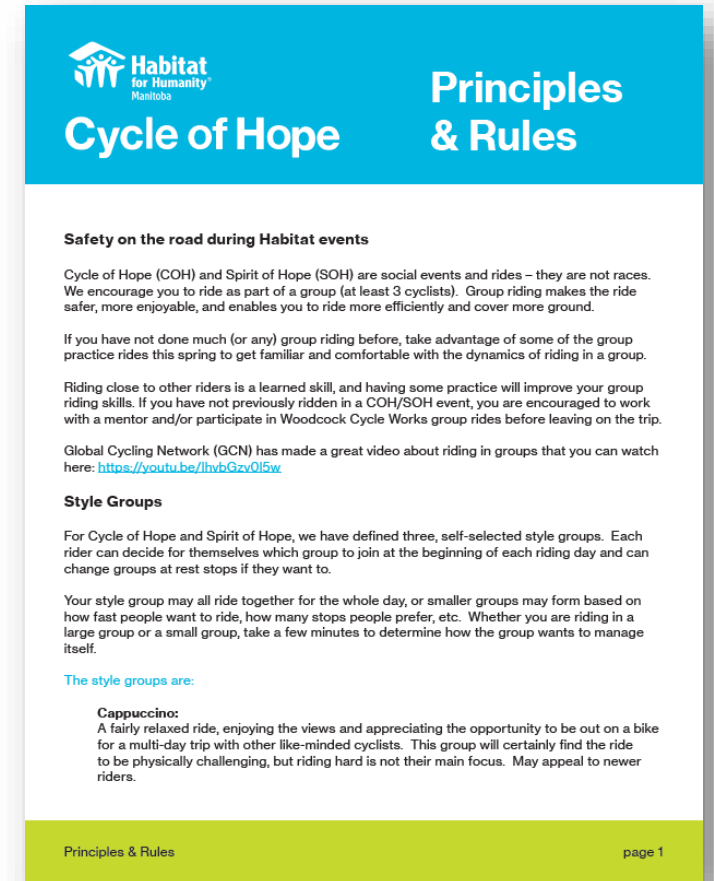
- Cappuccino (~15 km/h average)
  - Relaxed / social pace, enjoy the views, take photos, swim in the lake.
- Macchiato (~20 km/h average)
  - Moderate pace, may incorporate drafting. Balance of pace and scenery
- Espresso (~25 km/h average)
  - Faster pace, may ride in a paceline, may ride additional miles. Typically, the first to arrive at end of day.



# Principles & Rules

## Work together

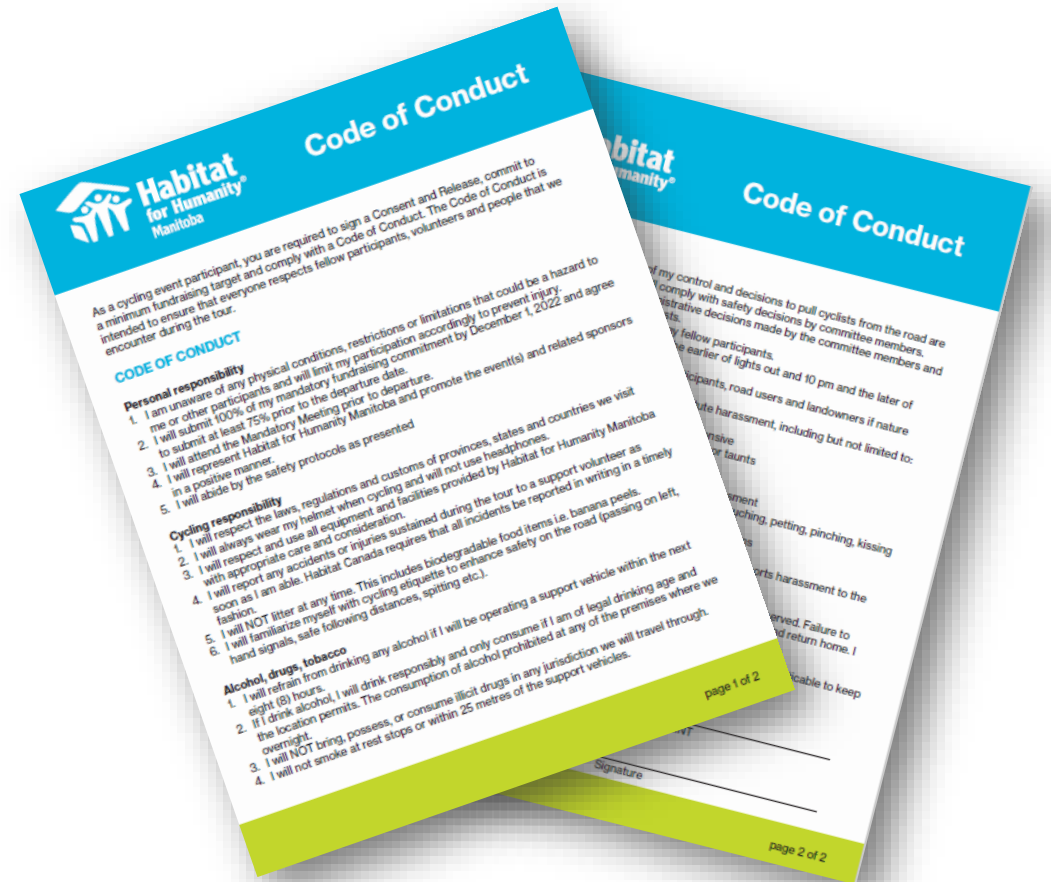
- Riding in a group can be efficient and challenging at the same time
- This document provides essential insights and tips for safe riding
- Please download a copy and review at your convenience



# Code of Conduct

## Your responsibilities

- Each team member must sign a Code of Conduct before departure, which outlines:
  - Personal responsibilities
  - Cycling responsibilities
  - Alcohol, drugs, tobacco
  - Social conduct



# Emergency Care

## Be prepared

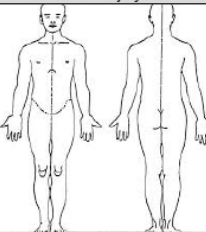
- Please ensure that you have appropriate medical coverage in case of an accident.
  - Provincial health plans may not cover all medical expenses
    - Specifically, if an ambulance is required for transport
- Providers include:
  - Blue Cross, CAA Manitoba
  - Most insurance companies
- Bring with you:
  - A form of Government I.D.
  - Manitoba Health Card
- Bring your medications, including:
  - Rescue inhalers
  - Epipens
    - Bring extras for the support vehicles



# First Aid Overview

## Incident forms

- MUST be completed if:
  - A participant has hit their head
  - There are signs of heat stroke or heat exhaustion
  - There is blood loss
  - The AED is used
  - The first aid kit is opened
    - Yes, even for a bandaid

Habitat for Humanity Manitoba		First Aid/ Incident Report		Form 4
Instructions: This form is used in the event of an injury requiring treatment at a medical facility or causing time lost. This form MUST be filled out by a Habitat for Humanity staff member and turned into the Safety Coordinator as soon as it is completed.				
Section A: Employee / Volunteer Information				
First Name		Last Name		
Home Address				
City/Town		Province	Postal Code	
Home Phone Number			Cell Number	
Section B: Information for WCB/WHS				
Position	<input type="checkbox"/> Cyclist	<input type="checkbox"/> Volunteer	<input type="checkbox"/> Public	<input type="checkbox"/> Other
S.I.N	Date of Birth		Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Date Volunteered	Type of Day:	<input type="checkbox"/> Travel	<input type="checkbox"/> Cycling	<input type="checkbox"/> Other
Employer				
Section C: Details of Injury				
Date of Injury (mm/dd/yyyy)		Time of Injury <input type="checkbox"/> AM <input type="checkbox"/> PM		
Where did the injury occur (address)				
Was the incident witnessed? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Incident was reported to				
Illustrate where injury occurred		Describe the cause of Injury & Treatment		
				
Section D: First Aid Treatment/ Medical Facility Treatment				
Was treatment given onsite		<input type="checkbox"/> Yes <input type="checkbox"/> No	By Whom:	
Name and Address of Medical Facility				
Was green WCB filled out?		<input type="checkbox"/> Yes <input type="checkbox"/> No	Report Submitted by:	
Copy to Safety Coordinator				



# First Aid Overview

## Non-emergencies

- Please report:
  - Slips, trips & falls
  - Sprains / strains
  - Near misses
    - On the road - traffic
    - At camp – slips in the shower
    - While socializing
- Third party incidents
  - Rocks thrown at cyclists
- We are always looking to improve the experience



# Weather Overview

## Safety is our #1 priority

- Weather
  - We will evaluate the weather each day and provide a morning briefing
- We will **NOT** ride if:
  - There is lightning in the vicinity
  - The Air Quality Health Index is 8+
  - The temperature (including humidex) exceeds 40°C
- The final decision will be made by the organizing committee



# Lightning & T-storms

- We will pull all cyclists off the road if lightning is within a 50 km radius of the team
  - We use the Weather Bug app
- If you see lightning and you cannot count to 30 before hearing thunder – Seek shelter immediately
  - Stay in shelter until 30 minutes after hearing the last thunderclap



# Excessive Heat

- If the temperature (including humidex) exceeds 40°C, the ride will be terminated for the day.
  - If 30°C is your personal limit, don't ride that day



# Air Quality

- Wildfires have become an annual concern in Manitoba
- Wildfires produce a dense smoke that is a major source of toxic air pollutants, including fine particles, gases like carbon monoxide, nitrogen dioxide, and volatile organic compounds.



# Air Quality

## Symptoms to watch for

- The fine particles pose the highest health risk because they can penetrate deep into our lungs and bloodstream, causing various health effects, including:
  - Chest pain
  - Shortness of breath
  - Coughing
- Other symptoms associated with smoke exposure include:
  - Dizziness
  - Runny nose
  - Scratchy throat
  - Sore or watery eyes
  - Headaches



# Air Quality

## Who's at Risk?

- Everyone is at risk regardless of age or health status.
- As athletes that are engaged in strenuous activities, you are considered “High Risk” because of your increased oxygen demands
- Our protocols are based on the safety of the group – please self-evaluate as needed



# Air Quality Index

- What does this mean?
  - The Air Quality Health Index presents the relative health risk for short term exposure to common air pollutants on a scale of 1 to 10+.
  - We will check the regional Air Quality Health Index each day and evaluate our cycling plan
- There are four health risk categories and protocols:
  - **Low (1 to 3)**
    - No change to our plan
  - **Moderate (4 to 6)**
    - May reduce the overall distance and will closely monitor rider health
  - **High (7 to 10)**
    - We may cancel the ride for the day
  - **Very High (10+)**
    - We will cancel the ride and implement mask usage as needed



# Keeping Track of Riders

- Morning roll call
  - Let the Support Team know if you will be riding or not riding.
    - Remember you can ride as much or as little as you like
- Check-in and check-out at Lunch
  - This is to ensure that everyone is safe and accounted for
- Check-in at the end of day
  - If needed the support team will sweep the route to pick up cyclists



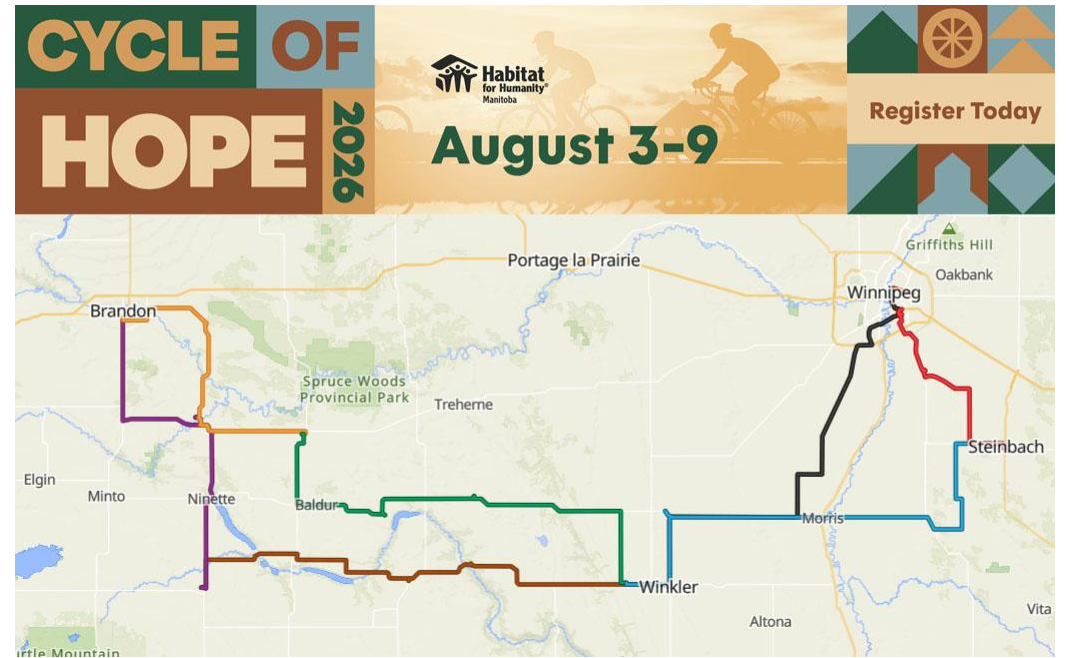
# Keeping Track of Riders

- We will be using Apple AirTags to track the different speed groups
- One athlete in each group will be selected to have an Apple AirTag attached to their bike, so the Support Team will know where they are on the road.



# Follow us LIVE

- Do your donors, family or friends want to know where you are?
- Brett uses a SPOT satellite tracking device in case of emergencies – it also tracks
- Share this [LINK](#) to track the team during Cycle of Hope



# Training Rides

**Start next week!!!**

- Easy Peasy Rides
  - May to September
  - Tuesday nights - 6:00 to 9:00 pm
  - Distance: 20 to 30 km
  - Speed: 17 to 22 km/h
- Destination Rides
  - June to September
  - Friday nights - 6:00 to 9:00 pm
  - Distance: 50 to 80 km
  - Speed: 25 to 30 km/h



# Training Rides

- MCA membership is required
  - Cost: \$80 (General membership)
  - Click [HERE](#) to get yours
- Ride Club Etiquette
  - Don't be THAT person... read [THIS](#)
- If you have questions about the rides, contact Brett or Miles for more information



**MANITOBA  
CYCLING  
ASSOCIATION**



# You're Invited!

## Spring BBQ & Potluck

- **What to expect:**
  - Burgers, hot dogs, vegan option, chips, bean salad, potato salad and beverages
  - Bring your favourite dish or dessert to show off your culinary skills
  - Commemorative clothing will be on sale
  - Bring your own folding chair
- Click [HERE](#) to register
  - Date: Saturday, May 30
  - Time: Noon to 4:00 PM



# Bike-to-Work Day

## Join us at Woodcock Cycle

We'll be co-hosting a Pit Stop bright and early in the morning.

- Volunteers will pass out: Timbits, cycling SWAG and delicious Yellow Derry Coffee
- Click [HERE](#) to register
  - Date: Tuesday, June 9
  - Time: 6:30 AM – 9:00 AM
  - Location: Woodcock Cycle Works
    - 433 St. Mary's Rd.



# You're Invited!

## Cycle of Hope Private Event

What's on tap:

- Light snacks & refreshments
- A guided shop tour & product showcase
- A quick lesson on shifting & braking
- Learn the ABCs of bike preparation
  - AKA Call John
- Click [HERE](#) to register
  - Date: Thursday, June 11
  - Time: 6:00 PM – 9:00 PM
  - Location: Woodcock Cycle Works
    - 433 St. Mary's Rd.



# Closing Thoughts

- **When do we leave?**
  - 12 Weeks from today
  - 85 Days from today
  - 2,040 hours from today
- **Next Meet & Greet**
  - Saturday, June 13 – 10:00am
  - Bring your bike & cash. Join us for a group ride to Lockport for ice cream after the meeting.



# Any Questions?

Contact Brett:

[bbourne@habitat.mb.ca](mailto:bbourne@habitat.mb.ca)

204.235.2181

