



**CYCLE OF**

**HOPE**

**2026**

**Support  
Team  
Meeting**



# Agenda

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

- Meet the Team
- Why we Ride
- Fundraising Update
- Support Team Overview
  - Vehicles & Schedule
  - General Support
  - Food Support
- Meal overview & schedule
- Proposed daily schedule
- Key Dates
- Vehicle supplies
- Communications
- First aid training
- Food handling training
- Code of Conduct
- Participant Kit
- Route Highlight
- Selkirk Training Ride
- Sponsors
- Questions & Answers

# Cycling Committee

**The heart behind the epic ride.**

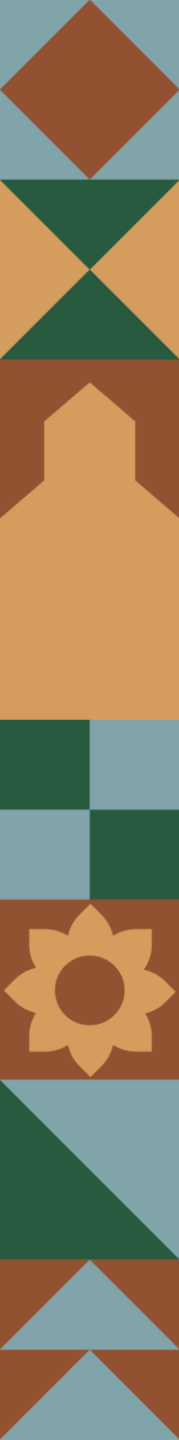
|              |                    |                |                                 |
|--------------|--------------------|----------------|---------------------------------|
| Dave Plummer | Rider Experience   | Julie Paterson | Community Support               |
| Gareth Mills | Support Team    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




## Team Roster

### In-person

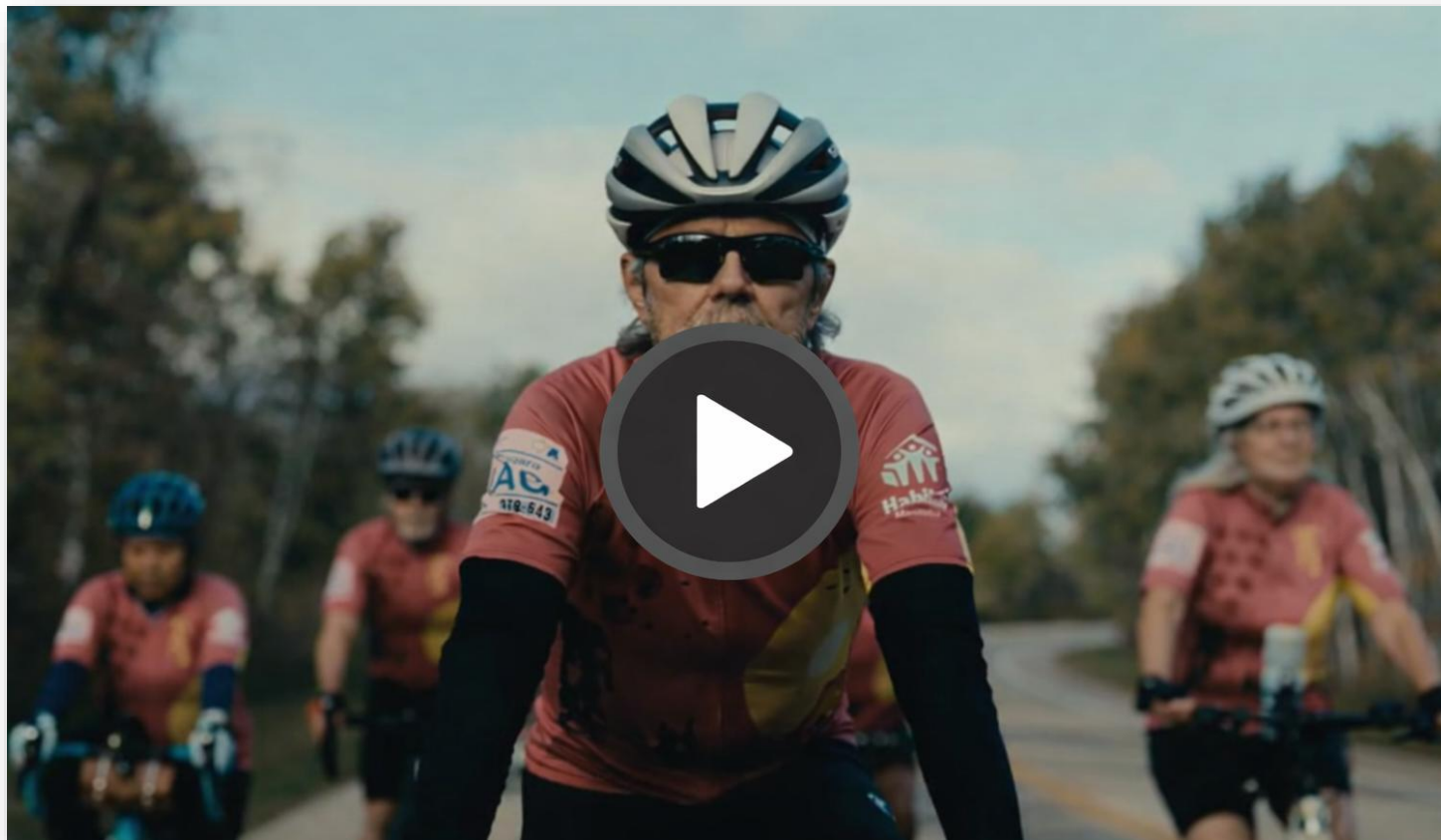
|                 |                  |                  |           |
|-----------------|------------------|------------------|-----------|
| Barry S.        | Henry F.         | <b>Leanne T.</b> | <b>31</b> |
| <b>Brian J.</b> | Henry T.         | Mark M.          | <b>32</b> |
| <b>Cal K.</b>   | Jeff G.          | Marta S.         | <b>33</b> |
| Cecil A.        | <b>Joanna S.</b> | Miles P.         | <b>34</b> |
| Cheryl C.       | <b>Joel G.</b>   | Priti S.         | <b>35</b> |
| Cristina D.     | John H.          | <b>Quinn M.</b>  | <b>36</b> |
| Dave P.         | Jose B.          | Ross L.          | <b>37</b> |
| Derrick S.      | Ken B.           | <b>Scott D.</b>  | <b>38</b> |
| Gord S.         | Ken H.           | <b>29</b>        | <b>39</b> |
| Greg D.         | Kevin G.         | <b>30</b>        | <b>40</b> |




## Team Roster

| Virtual             |                   |                | Support   |
|---------------------|-------------------|----------------|-----------|
| Allison B.          | Janet N.          | Rob B.         | Brett B.  |
| <b>Aly Tam</b>      | Joanne P.         | Ron P.         | Debra S.  |
| Brent G.            | Julie P.          | <b>Sara T.</b> | Gareth M. |
| <b>Carol Ann B.</b> | Kathleen K.       | Tony H.        | John S.   |
| <b>Christa M.</b>   | Ken F.            | Yvonne S.      | Rick M.   |
| <b>Christina F.</b> | <b>Korie W.</b>   | 26             | Susan M.  |
| Debbie T.           | <b>LJ K.</b>      | 27             | Trudy M.  |
| Dwight W.           | Lynette F.        | 28             | Vi S.     |
| Guy B.              | <b>Matheus S.</b> | 29             | 9         |
| <b>Jamie H.</b>     | <b>Michele H.</b> | 30             | 10        |

# Why We Ride



# Why We Ride

## Meet the Family

- Solomon & Mehret
  - Daughters:
    - Peniel (PENNY-EL) (2017)
    - Lydia (2022)
- Originally from Eritrea, a northeast African country on the Red Sea coast
- Their house will be built on Panet Road in Winnipeg



# Habitat Cycling Events

- Since 1994, Habitat for Humanity Manitoba has used cycling events to raise money to build affordable housing.
- Collectively the Cycle of Hope Teams have raised more than **\$4.5 million**, helping **28 families** build strength, stability, and independence through safe and affordable homeownership.



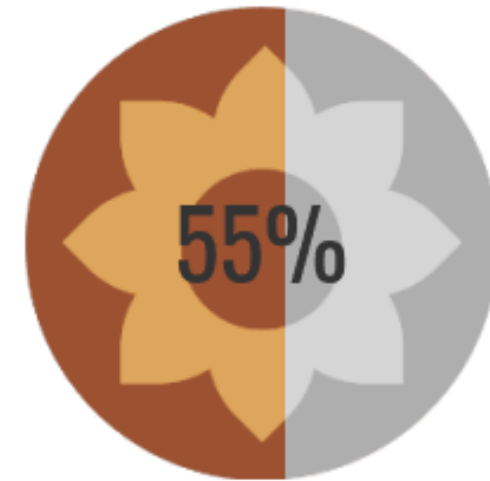
# Fundraising Update

**Target: \$150,000 NET**

- **Top Fundraisers:**

- **Team:** Once More With Feeling - \$13,754
- **Cyclist:** Mark M. - \$10,025
- **Chapter:** Winkler-Morden - \$4,520
- **Volunteer:** Vi S. - \$1,925
- **Virtual Cyclist:** Allison B. - \$1,270
- **NEW Rider:** Joanna S. - \$1,250

HELP CYCLE OF HOPE REACH OUR GOAL OF  
RAISING \$150,000 CAD.



RAISED:  
**\$82,938**

GOAL:  
**\$150,000**



# Support Team Overview

- The Support Team is broken into two categories:
  - General Support
    - Logistics / safety / rider support & encouragement
  - Food Support
    - Shopping / meal prep / rider support & encouragement
- Both are essential to the success of the event
- The teams work together to ensure that the cyclists are safe and well-nourished throughout the event
- You are not alone
  - Don't be afraid to ask for help
    - Usually, the cyclists are happy to pitch in



# Support Vehicles

- Support Vehicle #1 (Sweep)
  - John S. – Towing a bike rack trailer
- Support Vehicle #2 (Rest Stops)
  - Vi S. & Susan M. (Rav4)
- Support Vehicle #3 (Rental / Food)
  - Rick M., Trudy M. & Debra
  - Towing food trailer
- Support Vehicle #4 (Rest Stops & Signage)
  - Brett B. – Truck with bike rack / trailer
- Support Vehicle #5 (Rest Stops & Signage)
  - Gareth M.
- Support Vehicle #6
  - Luxury Motorcoach



# Support Schedule

| Cycle of Hope Daily Support Schedule |                  |           |              |              |            |              |              |                        |                  |                       |                                |
|--------------------------------------|------------------|-----------|--------------|--------------|------------|--------------|--------------|------------------------|------------------|-----------------------|--------------------------------|
| Wake up & coffee                     | Breakfast & Pack | Departure | Rest Stop #1 | Rest Stop #2 | Lunch Stop | Rest Stop #3 | Rest Stop #4 | End of Day Sweep Route | Meal Preparation | Dinner & Team Meeting | Misc. Errands & Scout next day |
| 6:00a                                | 7:00a            | 8:00a     | 9:30-ish     | 11:00-ish    | Noon-ish   | 2:00-ish     | 3:30-ish     | 5:00p                  | 5:00p-ish        | 6:00p-ish             |                                |
| Cyclists                             | Cyclists         | Cyclists  | Cyclists     | Cyclists     | Cyclists   | Cyclists     | Cyclists     | Cyclists               | Support 2        | Cyclists              | Support 2                      |
| Support 1                            | Support 1        | Support 1 | Support 2    | Support 5    | Support 1  | Support 2    | Support 5    | Support 1              | Support 3        | Support 1             | Support 3                      |
| Support 2                            | Support 2        | Support 2 |              |              | Support 2  |              |              | Support 6              |                  | Support 2             | Support 4                      |
| Support 3                            | Support 3        | Support 3 |              |              | Support 3  |              |              |                        |                  | Support 3             |                                |
| Support 4                            | Support 4        | Support 4 |              |              | Support 4  |              |              |                        |                  | Support 4             |                                |
| Support 5                            | Support 5        | Support 5 |              |              | Support 5  |              |              |                        |                  | Support 5             |                                |
| Support 6                            | Support 6        | Support 6 |              |              | Support 6  |              |              |                        |                  | Support 6             |                                |

|           | Colour Legend |                   |              |                               |                             |                |          |
|-----------|---------------|-------------------|--------------|-------------------------------|-----------------------------|----------------|----------|
|           | Support 1     | Support 2         | Support 3    | Support 4                     | Support 5                   | Support 6      | Cyclists |
| Vehicle   | Own vehicle   | Own vehicle       | Rental       | Own vehicle                   | Own vehicle                 | 56 PAX Bus     | Bicycles |
| Accessory | Bike Trailer  | N/A               | Food Trailer | Bike Rack                     | N/A                         | Motorcoach     |          |
| Driver    | John S        | Vi S              | Rick M       | Brett                         | Gareth                      | Beaver Staff   |          |
| Team      |               | Susan M           | Trudy M      |                               |                             |                |          |
| Team      |               |                   | Debra S      |                               |                             |                |          |
| Role      | Sweep         | Rest Stop Support | Food Support | Signage & Community relations | Signage & Rest Stop Support | Transportation |          |



# General Support

- Responsibilities
  - Safe transportation of cyclist, luggage and supplies
  - Plan daily travel and rest stops
  - Mark route where necessary
  - Safety checks of equipment
  - Secure loads as required
  - Rest stop support
  - Sweep the route at the end of the day to ensure everyone arrives



# Additional Daily Tasks

- Bus and Bins
  - Empty bus
    - Garbage, personal items, etc.
  - Empty support vehicles
    - Garbage, bins, personal items
  - Empty snack bins
    - Clean the bins, wash food preparation utensils
  - Replenish snack & supply bins
  - Stack all bins by exit
- Eco-Hero
  - Check all garbage & recycling bins. Replenish bags as needed
  - Dispose of garbage & recycling appropriately
  - Assist with end of day clean-up and dishes



# Keeping Track of Riders

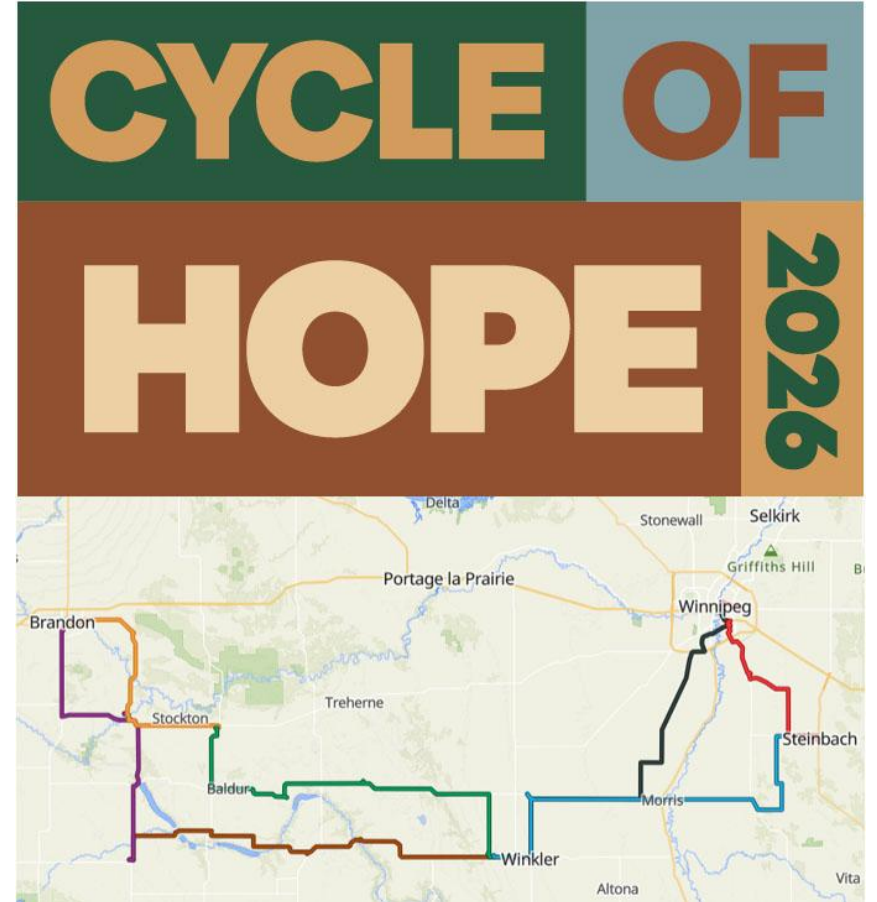
- Morning roll call
  - The riders will let you know if they will be riding or not riding.
    - Remember they can ride as much or as little as they like
- Check-in and check-out at Lunch
  - This is to ensure that everyone is safe and accounted for
- Check-in at the end of day
  - If needed the support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



# Route Maps

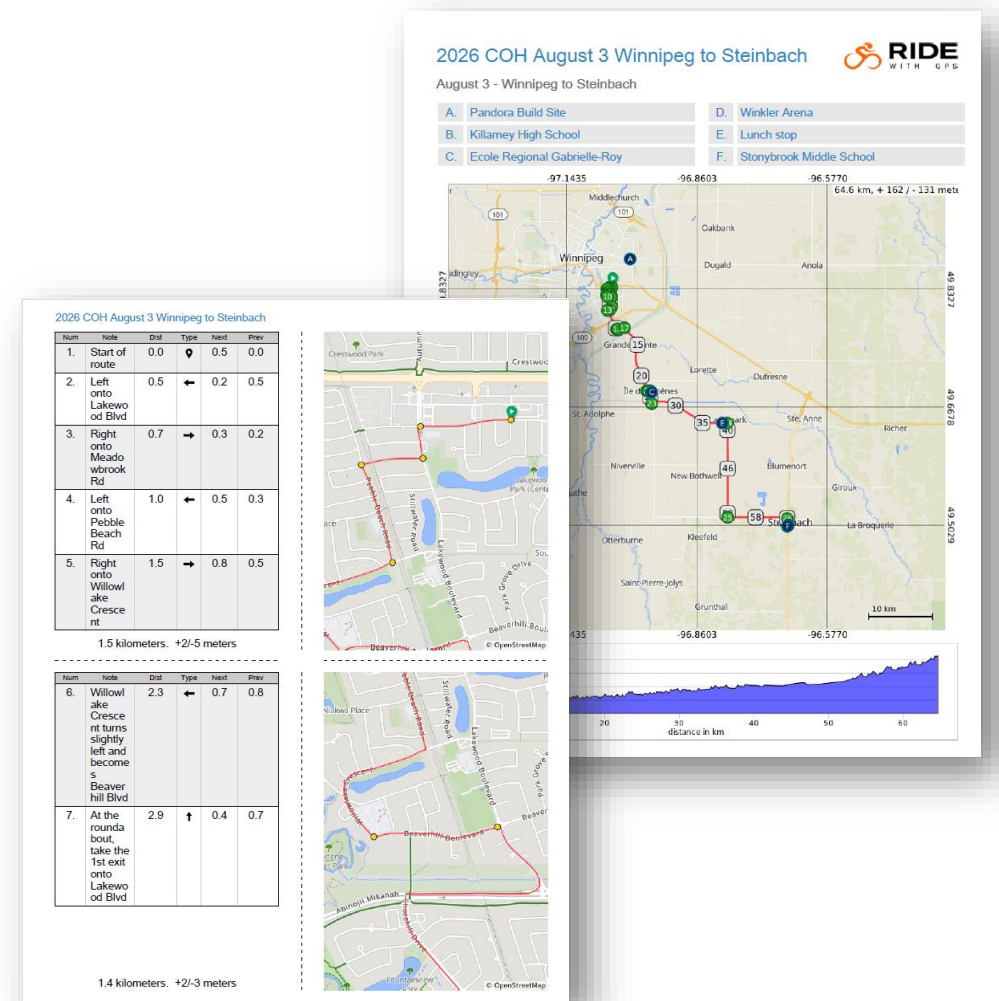
## How to access

- Cycle of Hope event page
  - About
    - Route Maps
      - Option #1 – Full Route
      - Option #2 – Shorter Route
  - Links take you to Ride with GPS
    - Each route includes: Start location, End location & Rest Stops along the route
    - Final routes will be posted by the end of July



# Route Maps

- Ride with GPS route links
  - Day 1: [Winnipeg to Steinbach](#)
  - Day 2: [Steinbach to Morden](#)
  - Day 3: [Morden to Glenboro](#)
  - Day 3: [Glenboro to Brandon](#)
  - Day 4: [Brandon to Killarney](#)
  - Day 5: [Killarney to Winkler](#)
  - Day 6: [Winkler to Winnipeg](#)
- We will email all of the route maps to the team in July
  - Formats will include: .FIT / .TCX / .GPX and PDF



# Directional Signage

- Roadside directional signage will be placed along each route to help with navigation
- Watch for these signs



# Food Support

- Responsibilities
  - Organize food trailer
  - Plan the menu – be creative
  - Pre-trip shopping
    - Non-perishable food items
  - Shopping along the route
  - Prepare meals
    - Continental breakfast
    - Roadside lunch
    - Some dinners
  - **Distribute hot towels at lunch stops**
  - Clean up with assistance
- Safe food handling is a MUST
  - Wear gloves
  - Serve the cyclists when possible
  - Keep everything on ice
    - If applicable
- Ensure consistency of meals
  - First rider and last rider should experience the same quality of meals
- Your support is essential for the success of the Cycle of Hope!



# Tentative Plan

- Daily route breakdown:
  - Rest Stop #1 – Approx. 15% of route
  - Rest Stop #2 - Approx. 30% of route
  - Lunch Stop – Approx. ½ way
  - Rest Stop #3 – Approx. 65% of route
  - Rest Stop #4 - Approx. 80% of route
- NOTE: Route length and rest stop availability will determine placement

**EVERYONE  
HAS A PLAN  
UNTIL THEY  
GET PUNCHED  
IN THE FACE.**

Mike Tyson



# Meal Overview

- Breakfast:
  - Cereals & instant porridge
  - Pancake breakfast
  - Yogurt
  - Fruit
  - Toast & bagels
  - Peanut butter & jam
  - Coffee & tea
  - Hard boiled eggs
- Snacks:
  - Road-side stops to re-energize
- Lunch:
  - Sandwiches / wraps
    - Mix it up and include: tuna, turkey, salmon, egg salad, cold cuts, cheese
    - Taco in a bag is always popular
  - Salads
  - Fresh fruit & Vegetables
    - Bananas, oranges, apples, grapes
    - Mini cucumbers are popular
    - Watermelon on a hot day is welcome
  - Beverages
    - Iced tea, lemonade, water, Gatorade



# Meal Overview

- Dinner
  - Trudy has a variety of recipes that are popular on the rides & easy to prepare
- Summary
  - The Support Team will be preparing:
    - 3 Breakfasts
    - 7 Lunches
    - 3 Dinners
  - Community support will provide:
    - 3 Breakfasts
    - 3 Dinners



# Meal Schedule

| Date   | START Location | Breakfast           | Lunch            | Dinner              | END Location |
|--------|----------------|---------------------|------------------|---------------------|--------------|
| 03-Aug | Winnipeg       | START               | Landmark         | SEMC                | Steinbach    |
| 04-Aug | Steinbach      | SEMC                | Morris Multiplex | Access Event Centre | Morden       |
| 05-Aug | Morden         | Access Event Centre | Sommerset        | Kinsmen Hall        | Glenboro     |
| 06-Aug | Glenboro       | Kinsmen Hall        | Sprucewoods      | Vineyard Church     | Brandon      |
| 07-Aug | Brandon        | Vineyard Church     | Ninette RS       | New Life Assem.     | Killarney    |
| 08-Aug | Killarney      | New Life Assem.     | La Riviere       | The Bunker          | Winkler      |
| 09-Aug | Winkler        | The Bunker          | LaSalle - Subway | END                 | Winnipeg     |

 Community Support  
 Food support required



# Typical Daily Schedule

- 6:00 am - Make coffee, pack gear, make and/or coordinate breakfast
- 7:00 am - Breakfast
- 8:00 am - Route opens
- 9:00 am - Drive to lunch location, set up & prepare lunch
- 11:00 am - Lunch
- 2:00 pm - Pack up and drive to final destination
- 3:00 pm – Set up for dinner
- 5:00 pm – Route closes
- 6:00 pm – Make and/or coordinate community dinner
- 7:00 pm Prepare snack bins and get ready for the next day
- 8:00 to 10:00 pm Group activities
- 10:00 pm Lights out



# Key Dates

- Friday, July 31
  - Pick up AEDs
  - Pick up bottled water & pumps
  - Pick up rental truck @ Enterprise
  - Pick up food trailer - Rick
    - Adjust the hitch heights as required
  - Bike rack trailer at Inkster ReStore
    - John (Time TBD)
  - Pick up & stock all Support Team bins
  - Grocery shopping as needed
    - Costco, Wholesale Foods, No Frills and etc.
  - Load the food trailer



# Key Dates

- Monday, August 3
  - Meet the team for departure
    - Set up table for coffee & doughnuts
    - Assist with loading gear as needed
    - Check attendance
  - Drop off lunch @ Landmark
  - Go to Steinbach EMC
    - Unpack your gear & select your sleeping locations
    - Unpack & set up for team arrival
    - Prepare dinner & welcome the team
    - Prepare for Tuesday's lunch



# Monday, August 3

## Winnipeg to Steinbach – 62KM

- Rest Stop @ Ile des Chenes
  - Prairie Meadows Early Learning
- **Lunch @ Landmark**
  - Prairie Rose Evangelical Mennonite Church
- Showers @ Steinbach Aquatic Centre
  - Bus shuttle @ 2:00 & 4:00pm
  - Cost: \$4 per person
- **Dinner @ Steinbach EMC**
  - Kitchen shown



# Tuesday, August 4

## Steinbach to Morden – 156KM

- Breakfast @ SEMC
- Rest Stop @ Grunthal Lumber
- Rest Stop @ St. Malo
  - Outdoorsmen Powersports
- Lunch @ Morris Multiplex
- Rest Stop @ Lowe Farm
  - Co-op gas bar
- Rest Stop @ Roland
  - Giant Pumpkin
- Showers @ Access Event Centre
- Community Dinner @ Morden
  - St. Paul's United Church



# Wednesday, August 5

## Morden to Glenboro – 142KM

- Community breakfast @ Morden
  - Access Event Centre
- Police-escorted Ride Along to build site
- Rest Stop @ Miami
  - Blair Sharpe Active Living Centre
- Lunch @ Somerset Centennial Park
- Rest Stop @ Mariapolis Rec Centre
- Rest Stop @ Baldur School
- Showers @ Glenboro School
  - Bus shuttle to and from school
- Dinner @ Glenboro Kinsmen Hall
  - Kitchen shown



# Thursday, August 6

## Glenboro to Brandon – 86KM

- Breakfast @ Glenboro
  - Kinsmen Hall
- Rest Stop @ Wawanesa Co-op
- Lunch @ Spruce Woods Esso
- Showers @ Brandon YMCA
  - Government ID required
  - Bus shuttle to and from YMCA
    - NOTE: YMCA closes at 6:00pm
- Dinner @ Brandon
  - Vineyard Church – kitchen shown



# Friday, August 7

## Brandon to Killarney – 104KM

- Breakfast @ Vineyard Church
- Rest Stop @ Carroll
  - Brandon Hills Mennonite Church
- Rest Stop @ Wawanesa Co-op
- Roadside Lunch Stop @ Ninette
  - No services
- Showers @ Shamrock Centre
  - Bus shuttle to and from Shamrock
- Community dinner @ Killarney
  - New Life Assembly Church
  - Kitchen shown



# Saturday, August 8

## Killarney to Winkler – 150KM

- Community breakfast @ Killarney
  - New Life Assembly Church
- Roadside Rest Stop
- Roadside Rest Stop @ Pilot Mound
- Roadside Lunch Stop @ La Riviere
- Roadside Rest Stop
- Rest Stop @ Morden
  - Dairy Queen
- Showers @ Winkler Arena
  - Bus shuttle to and from Arena
- Community dinner @ Winkler
  - The Bunker / Habitat Chapter



# Sunday, August 9

## Winkler to Winnipeg – 135KM

- Community breakfast @ Winkler
  - The Bunker / Habitat Chapter
  - Kitchen shown
- Rest Stop @ Roland Giant Pumpkin
- Rest Stop @ Lowe Farm Co-op
- Rest Stop @ Rosenort
  - Rosenort Fellowship Chapel
- Lunch @ LaSalle
  - LaSalle Community Centre
  - Rack & Shuttle cut-off time @ 3:00 PM
- Community Ride Along to build site
- END



# Sunday, August 9

## Community Ride-Along – 6KM

- Set up tables, snacks & drinks at the Pandora Ave. West build site
- 5:00 pm Meet at Habitat for Humanity
  - 60 Archibald St.
- Food team to lead the Ride-Along
- John to sweep the Ride-Along
- 6KM Route
  - Archibald St., Nairn Ave., Regent Ave. West, Pandora Ave. West, Owen St., Build site
- END



# Vehicle Supplies

|                |                  |                  |                   |
|----------------|------------------|------------------|-------------------|
| Toilet Paper   | Paper Towels     | Kleenex          | Hand Sanitizer    |
| Cutting Board  | Garbage Bag      | Sharp Knife      | Butter Knife      |
| Plastic Spoons | Peanut Butter    | Crackers         | Snack Bars        |
| Fig Newtons    | Gatorade Mix (2) | Chips / Pretzels | Bananas / Oranges |



# Support Bins

|                |                  |                  |                   |
|----------------|------------------|------------------|-------------------|
| Toilet Paper   | Paper Towels     | Kleenex          | Hand Sanitizer    |
| Cutting Board  | Garbage Bag      | Sharp Knife      | Butter Knife      |
| Plastic Spoons | Peanut Butter    | Crackers         | Snack Bars        |
| Fig Newtons    | Gatorade Mix (2) | Chips / Pretzels | Bananas / Oranges |



# Communications

- We encourage open & respectful communications
  - We are all grown ups and we expect you to discuss and resolve any issues that arise
  - Everyone will have an “off” day
    - Be tolerant and empathetic
  - Don’t take anything personally
  - Talk to the committee members to voice concerns
- 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.
- The support team and committee members make the final decisions re: route and cyclist safety
  - Review challenges as a group



# First Aid Training

## Required for Support Team

- Need certification? We can help
  - Click [HERE](#) to get certified
    - First-Aid with CPR Level C and AED training
    - Submit receipt for reimbursement
- Already certified?
  - Please photocopy your credentials and send to Brett



# Food Handling

## Required for Support Team

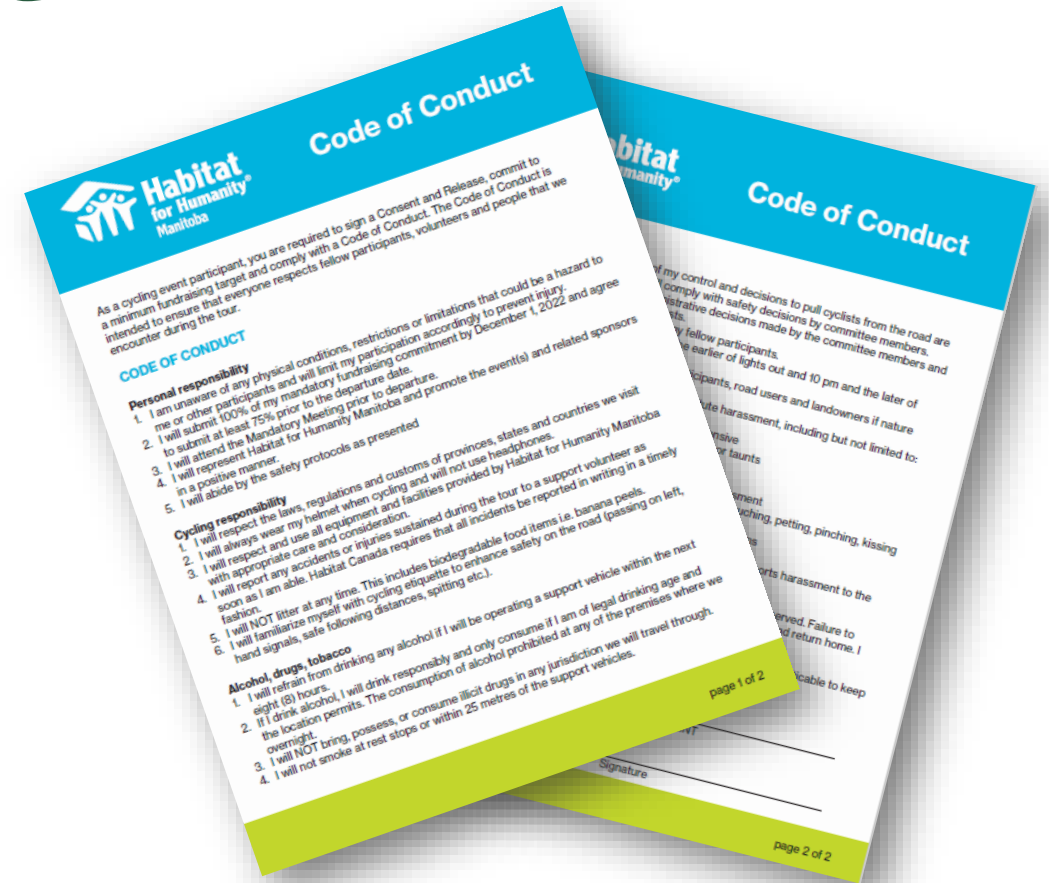
- Already certified?
  - Please photocopy your credentials
- Need certification? We can help!
  - Click [HERE](#) to get certified
  - Course name: Food Safety
  - Cost: \$25
    - Submit receipt for reimbursement



# Code of Conduct

## Your Responsibilities

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



# 2026 Participant Kit

- Everyone receives:
  - Commemorative wrist band
  - Commemorative ride sticker
- Support team receives:
  - Participant Guide
  - Cycle of Hope T-shirts
  - Misc. SWAG!
- In-person cyclists also receive:
  - Jakroo Cycling Jersey
    - Virtual team can earn a jersey
  - Name stickers for Helmet & Bike



# Route Highlight

## Winkler Harvest Festival

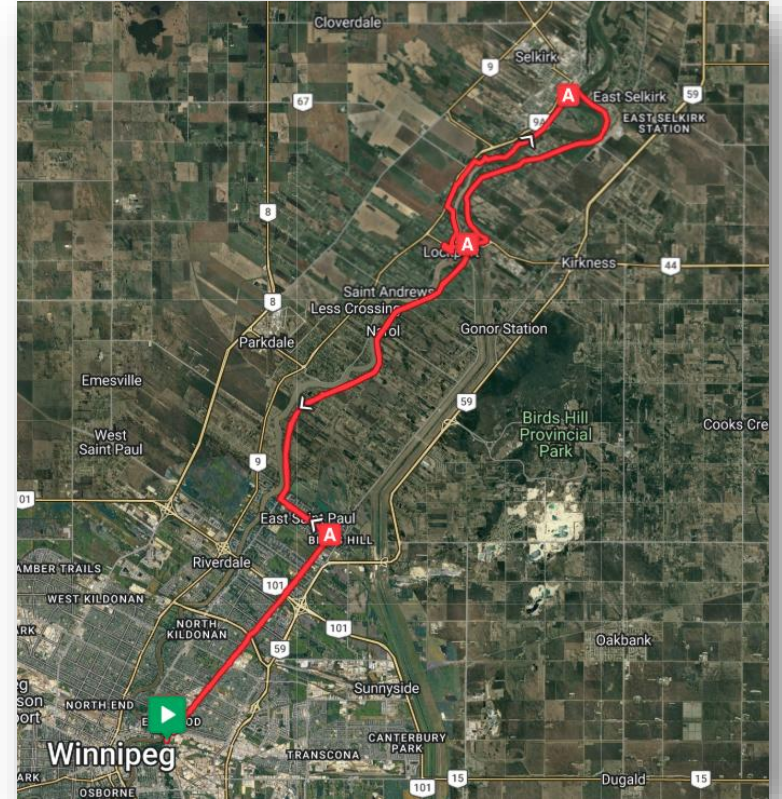
- Highlights include:
  - Saturday, August 8 - Main Stage
    - *Tom Petty Tribute Band @ 6:00pm*
    - *Tiffany @ 8:30pm*
  - A LOT of Food Trucks
  - Amusement Park
- Admission is FREE!



# Selkirk Group Ride

**Saturday, July 18**

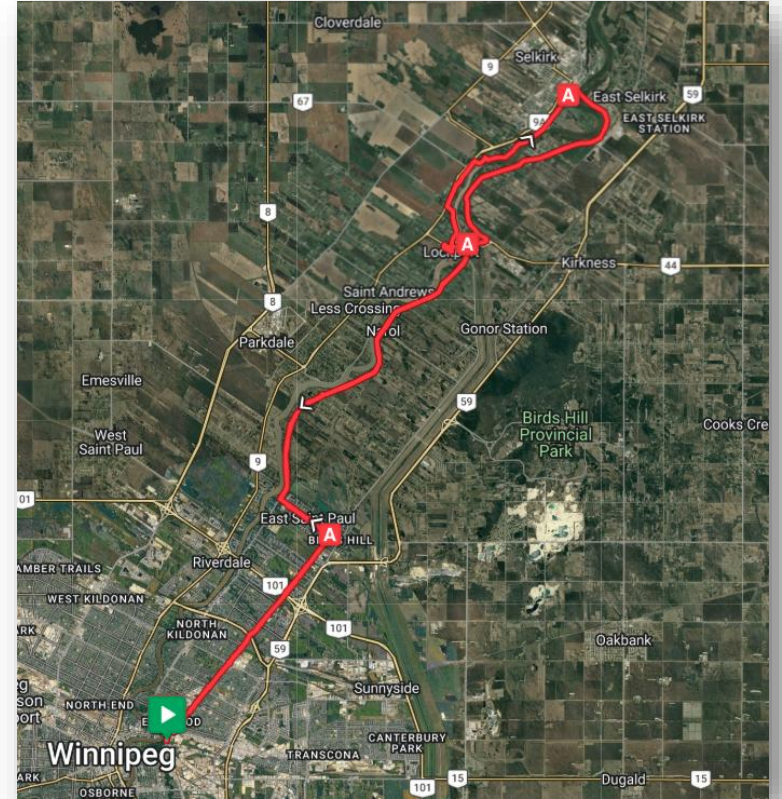
- Start in the Habitat parking lot
  - **Route Setup**
    - Route signs: Gareth
    - Sweep & sign pickup: John Scott
  - **Rest Stop #1 – Birds Hill School (11.5 km)**
    - Vi & Debra
  - **Rest Stop #2 – Lockport Subway (26 km)**
    - Rick & Trudy



# Selkirk Group Ride

**Saturday, July 18**

- **Rest Stop #3 – Selkirk (37 km)**
  - Brett
- **Rest Stop #4 – Lockport Subway (49 km)**
  - Rick & Trudy
- **Rest Stop #5 – Birds Hill School (66 km)**
  - Vi & Debra
- **End: Habitat for Humanity**



# Sponsors



300

THREE HUNDRED MAIN



# Sponsors

## Community Sponsors



ACCESS EVENT CENTRE  
- MORDEN



CITY OF MORDEN



CITY OF STEINBACH



CITY OF WINKLER



MUNICIPALITY OF  
KILLARNEY



NEW LIFE ASSEMBLY  
CHURCH



STEINBACH  
EVANGELICAL  
MENNONITE CHURCH



THE BUNKER YOUTH  
CENTRE



TOWN OF GLENBORO



YOUTH FOR CHRIST  
YOUTH UNLIMITED  
WESTMAN

## Media Sponsors



92.7 CKJS



HOT 100.5

## Goods & Services Sponsors



BEAVER BUS LINES



CANADIAN FIRST AID  
TRAINING



SUN RIVER HONEY



TRANS CANADA  
BREWING COMPANY



WORLD OF WATER



# Closing Thoughts

- **When do we leave?**
  - 4 Weeks from today
  - 27 Days from today
- **Next Meet & Greet**
  - Saturday, July 18 – 10:00am
  - Join us for a group ride to Selkirk
    - Yes, there will be a stop for ice cream
  - Support team training event



**Any  
Questions?**

**Contact Brett:**

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

**204.235.2181**

