



2023 RIDER HANDBOOK

Toronto-Port Hope (1-Day)

Version 1 : July 1, 2023

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Message From the Co-Chairs

Hello Bike Rally!

Welcome to the 25th Anniversary of the Friends for Life Bike Rally. Thank you for choosing to be part of this event and this community.

Together we'll celebrate the resilience, dedication, and passion of our community. HIV/AIDS has a long history and one the Rally community has shared. This year presents an opportunity to reflect on our journey, how far we've come, and what lies ahead.

"As long as there's a reason there's a ride."

We're thrilled to share this journey with each of you, our returning Riders and Crew, and our first-year participants. We welcome each and every one of you, and rest assured you are in for an incredible journey. A journey that will change lives and build community. This is the Friends for Life Bike Rally.

Life is full of, moments that can change our perspectives and sometimes even alter our lives. Whether you're a new participant or returning, we've all experienced unique moments associated with the Bike Rally.

The moment we decide to participate, our reasons why, experiences with teams, training, fundraising, and building relationships. Each moment has become our story. This journey is one that at its core helps people living with HIV/AIDS. The ride will have a positive impact on their lives as well as our own. The best is yet to come!

Our purpose, as it is each and every year, is to support The Toronto People With AIDS Foundation (PWA). Along with our partners in Kingston (Trellis HIV & Community Care) and Montreal (ACCM -AIDS Community Care Montréal) we get to support our local communities, and help the AIDS Service Organizations do their vital work. The work is necessary in providing essential services, advocating for equality in access, and fighting stigma. It's an honour and a privilege to ride with and for these organizations.

The Bike Rally is a community of like-minded people doing great things. With a Steering Committee of over 30 dedicated volunteers, Team Captains, sponsors, donors, supporters, and PWA staff members we've worked together all year long to organize and execute this outstanding event. Your experience is important and we've worked hard to create a safe and welcoming environment, a diverse and embracing community. We look forward to sharing the Bike Rally journey with you.

This year, we have a lofty goal of \$1.8 Million. With rising inflation, the cost of living and government funding cuts, more people are in need. Our fundraising efforts come with a telling story of why we need to support people living with HIV/AIDS. We are some of the voices that will tell that story and engage donors and supporters. Because of us they will believe in the work we do and be part of this caring community who step up and give back.

"The greatness of a community is most accurately measured by the compassionate actions of its members."

Have an amazing journey, take in every moment, and be proud of the work we're doing!

Thank you!

Gaby Harvey & Robb Walker

Co-Chairs, 25th Anniversary, Friends for Life Bike Rally

Final Checklist

- Complete the Medical Form.** In the unlikely event of an emergency, we will need to communicate your information to medical professionals in case you cannot. Our physical therapies professionals also require this information as part of their assessment. This information will remain completely confidential and will be securely destroyed after the Bike Rally.

Please submit before Saturday August 5th. If not completed before then, you'll be asked to fill it out in-person at Packing Day. [Click here to fill out the form.](#)

- Check out the Rider route maps on RideWithGPS.** Keep in mind that the maps are subject to change in the days leading up to Departure.

- Review the Packing List** and ensure your gear will fit into our bins! Riders get two bins for your personal and camping gear. They are 32L" x 20.2W" x 17.5H" (106 L) each. Note that the bins taper down on an angle towards the base, so bottom dimensions are slightly smaller (25L" x 14W")

- Low-Cost Departure & Arrival Accommodations:** We guarantee everyone a place to stay on either end of the Ride. [Click here for details about your options.](#)

- Bike Rally Transportation:** We will be providing return bus transportation from the Grey Nuns Residence at Concordia University in Montreal, with stops at Trellis HIV & Community Care in Kingston & Monsignor Fraser College in Toronto. **Departure options:**

- Saturday August 12th, 2023
- Sunday August 13th, 2023
- Monday August 14th, 2023

A \$50 deposit is required to reserve your seat and will be reimbursed after the Rally to participants who use the service.

[Click here to complete the online deposit form.](#)

NOTE: Crew returning on Sunday the 13th will drive their vehicles and don't need to book a bus!



Preparing for the Ride

Please use the information and tips provided in these pages to help you with your final preparations for the Friends for Life Bike Rally and your journey throughout the event.

Mechanical

By now you hopefully will have learned how to repair your flat tire and minor road side repairs. During the Bike Rally, other breakdowns may occur. While you are expected to be able to make minor repairs, we do have a team of mechanics on our Road Support Crew coming along with us to assist with more serious bike problems. They will be providing services (not supplies) free of charge.

Make sure that you have the proper equipment with you on the Rally, and take your bike in for a final tune-up. Most bike shops take anywhere from three days to two weeks for a tune-up, so do not leave it until the last minute. We recommend that you make an appointment in advance to ensure you have a service in time.

New bikes need tune-ups within one month of first use. Clean your components and rims, and degrease and re-lube your chain. Even with a full tune-up, you should perform your own safety check before every day of riding.

You should also get a proper bike fitting. Do not leave fitting adjustments until just before the Rally, as your body needs time to adjust to a new set up before you can tell if it is right for you.

Specialized parts can be difficult to find on the route, so if your bike breaks down, you may be unable to continue. In the event our mechanics are unable to repair your bike, you may be transported to a bike shop.



Nutritional

This is an important time for healthy eating to prepare your body for the physical rigors it is about to take on. You should be consuming a balanced diet that includes carbohydrates and protein to ensure that you are fuelled up and recovering properly.

It is also essential to be hydrated by drinking plenty of water on a regular basis – not just when you are on the bike, but leading up to departure, too.

Physical

We recommend that you do not do any hard riding during the week before departure. Allow your body to rest in preparation for the work ahead.

Mind you, this does not mean lying on the couch—stay active. Perform plenty of stretching to stay limber and help prevent injury on the Rally. Do not stretch “cold” – warm your muscles up first with some light spinning or exercise.

Mental

The Rally can be mentally tiring, as well. Be present, be excited, feel the joy of the experience. Think about what makes you want to be a part of the Friends For Life Bike Rally and the impact your contribution will have on people living with HIV/AIDS. Take your time and enjoy the sights along the way.

Remember, it is not a race – you will be supported in all kinds of ways during the Bike Rally. We’re all in this together.



How To Cycle Comfortably

Cool Clothing

All riders will be issued an official 2023 jersey to be worn on Departure Day in Toronto and Arrival Day in Montréal.

For the remaining days for 3-Day and 6-Day Riders, we recommend wearing a cycling jersey made of high-tech microfiber polyester, which will wick the sweat away from your body, keeping you a bit cooler. A bonus in any jersey is an extra-long zipper, as you can open it all the way to let in more air.

While you can save some money by buying cheaper jerseys, it is unwise to do so with shorts. For your own comfort, it is advisable to spend the extra money to buy quality bike shorts.

Although there is the opportunity to have fun dressing up during the Bike Rally, always ensure that any costumes you wear are highly visible on the road and that clothing does not get caught in the moving parts of your bike.

A cycling-specific helmet actually helps to cool you by directing air to and vents to promote ventilation. They also help to keep the sun off the top of your head.



Keep Hydrated

When cycling in high temperatures the body loses essential nutrients and moisture through sweating. This can cause muscles to lose the ability to function normally. Do not wait until you are on the bike to start hydrating.

Drink plenty of water in the days leading up to the ride, and during it when you're off your bike. Limit intake of liquids that contain caffeine, alcohol, or large amounts of sugar, as these will cause you to lose more body fluid. Start hydrating as soon as you start riding.

Do not wait until you are thirsty because at that point, you're already very dehydrated and will have a difficult time sufficiently rehydrating. Get in the habit of taking sips every 15-20 minutes whether you think you need it or not.

Drinking water alone will not replenish the essential nutrients, such as potassium and sodium that your muscles need to function normally. You must also consume an electrolyte replacer drink such as Gatorade, and energy boosters like Emergen-C.

You may wish to dilute your sports drink with water because too much sports drink can cause stomach upset. Be mindful of your bottles' fluid levels.

When your bottles are getting low make sure you replenish at the lunch and break spots, or from the Road Support vehicles supporting you along the way.



Eat Wisely

During the Bike Rally, you will burn off huge amounts of calories while cycling, and you'll need to refuel your body in order to avoid fatigue.

Our catered meals allow for you to eat in a balanced way everyday, and fruit, energy bars and other snacks will be available at various places along the route by our Road Support and Wellness Crews.

This is definitely not the time to be counting calories. You need to eat plenty to ensure adequate replenishment.

Energy gels are also easy to carry and are quickly absorbed by your muscles. They are also good for those who suffer stomach upset from solid food while riding. Some are sweeter than others so try different brands to find one that you like.

Pace Yourself

While we will provide support where possible, only you can get yourself from departure to arrival. You need to learn to be self-sufficient and listen to your body's needs.

When the heat is on, slow down and take it easy. Better a steady pace carrying you through a long ride than exhausting yourself with an adrenaline-fueled sprint at the beginning only to crash at the halfway point. Take five-minute breaks as needed whether it is indicated on the map or not. Get into a cool, shady area and rest, especially if you become light-headed, confused, weak, or faint. If you need to, consult with the Wellness Crew along the route.

Heat-induced illness can cause a person to become confused or even lose consciousness if this happens, they should be transported to a hospital for treatment as soon as possible.

It also helps to ride with other people. It is comforting to have other people around in case of problems. Monitor the condition of your co-riders and have someone do the same for you.



About Muscle Cramps

Some riders experience painful cramping in their legs while cycling in hot weather.

There are many possible causes of heat cramps – poor stretching, lack of rest, dehydration, sodium and potassium deficiency, or a lack of calcium and magnesium, to name a few.

Consuming a sport drink will help replenish your electrolytes and may diminish the chance of cramps.

Always Use Sunscreen

Besides being extremely painful, a sunburn actually affects your body's ability to cool itself and causes a loss of body fluids.

To protect yourself, apply a sport sunscreen of at least 30 SPF before you get dressed to ride, and reapply during long rides.

You can buy compact sunscreen applicators that fit in your saddlebag or pocket. When applying sunscreen, apply under your jersey and do not apply it to your forehead since it may seep into your eyes and sting.

1-Day Rider Supply List

Cycling Gear

- * Bike – must be in good working order
- * Helmet – required for the entire ride
- * Bell
- Cycling shorts & jerseys (do not pack your Official 2023 Jersey, you need to wear it for Departure!)
- Cycling shoes
- Cycling gloves
- * Water bottles or hydration backpack
- * Tire pump
- Saddle Bag (with a waterproof cover, or plastic bag)
- * Spare tubes
- * Tire irons
- * Patch kit
- Floor pump (some will be available at campsite and carried by Road Support)

Pack In Your Bag/Backpack for Packing Day:

- Clothes and shoes to change into after the ride and for dinner
- Swimsuit
- Towel
- Plastic or metal dinner plate. Bring cutlery.

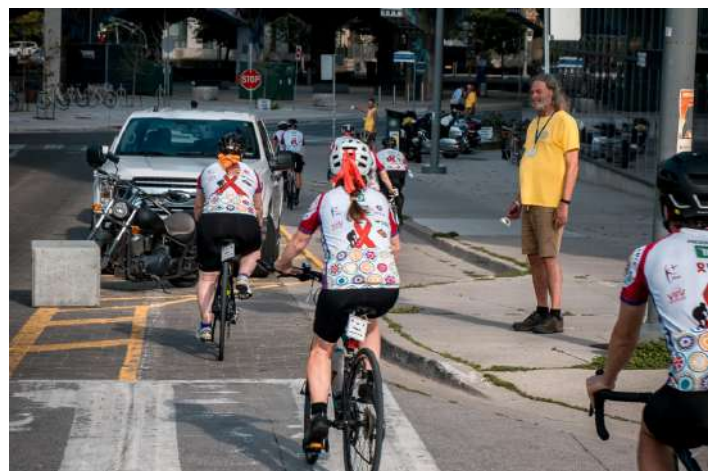
First Aid Supplies

- Anti-chafing cream
- Anti-blister cream
- * Sport sunblock of at least 30 SPF
- Lip balm with sunblock
- Analgesic cream (e.g., Rub-A535, tiger balm, etc.)
- Insect repellent (with DEET)
- * Prescription medication(s)
- * Medical Alert jewelry
- Antacids
- Pain relievers (e.g., ibuprofen, ASA, acetaminophen)
- Bandages
- Eye drops (Allergies, smoke, etc.)

Rules of the Road

Sharing public roadways is not a right – it is the law. Bicycles are classified as vehicles and are subject to the same laws.

- **Helmets and bells are mandatory** on the Bike Rally. You may not ride without them.
- Never change lanes or pass another rider without **shoulder checking**.
- Ride in an orderly straight line in **single file** to allow for cars or other cyclists to pass you safely.
- **Use hand signals and verbal signals** to make other riders aware of your movements and oncoming obstacles.
- Use caution riding over **streetcar and railway tracks**, especially in wet weather.
- **Do not run red lights! At stop signs, bring your bike to a full stop**, with one foot touching the ground and cross the intersection with caution.
- **When stopped at an intersection, line up single file** and do not block traffic by bunching up in the right lane. If you are going straight through an intersection with a right turn lane or off/on ramp, shoulder check, signal your intentions, and move into the through lane.
- **Do not ride in the middle of the road.** Stay to the right near the curb – if there are parked cars, ride just far out enough to avoid getting hit by opening doors. If there are sewer grates, do not weave in between them – drivers may not be ready for your sudden re-emergence in their lane. Instead, ride in a straight predictable line only as far out as you need to avoid such obstructions.
- Riders are **not permitted to use earphones or cell phones while riding**. Pull over safely to make calls or send messages. The use of electronic devices utilizing hands-free speakers is permitted while riding.
- It is every Rider's responsibility to **maintain a cycling speed sufficient to arrive at camp by 5:00 PM** or the relevant time required for the day (recommended 20km/hour).



Weather Safety

Inclement Weather

Unfortunately, rain happens every now and then. It is the responsibility of every participant to come prepared with their own rain attire, i.e. Rain jacket, rain poncho, umbrella, etc.

During the ride, Bike Rally leadership will monitor weather and advise participants of upcoming inclement weather at the morning announcements.

The greatest risk posed by rainstorms is the risk of lightning. One well-known lightning guideline is the “30-30” rule: Take appropriate shelter when you can count 30 seconds or fewer between lightning and thunder, and remain sheltered for 30 minutes after the last thunder.

When Thunderstorms Approach

If you are on a hill with exposure to the sky, try to head downhill, seeking out an overhanging bluff or a valley or ravine where you can lower your exposure.

Move to a sturdy building or shelter if there is one within reach (such as an underpass, a large barn, a store, a railroad station, or vehicle). Do not take shelter in small sheds or under isolated trees. Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding. If you are in the woods, take shelter under the shorter trees. (Lightning is more likely to strike the tallest trees).

If you feel your skin tingle or your hair stand on end, dismount fast, get away from your bike, and squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible, and minimize your contact with the ground.





The Crew

Planning and executing an event of this size is a mammoth task. Our Crews who organize and plan this event consist of almost exclusively volunteers, without whom this Rally would not happen. On the Rally, our Crews work long days all week, and when we arrive in Montréal and the celebrations begin, the Crews' work continues. We ask that riders be considerate, help the Crew in any way possible and show appreciation for these tireless volunteers. Please remember to take a minute throughout the Bike Rally and thank the crew for all their hard work.

Rustlers

- Supervise Packing Day and provide Bike Rally participants with two bins for camping and personal gear.
- Transport all bins and event supplies.
- Load and unload bins twice a day between Toronto and Montréal.
- Prepare campsites by setting up equipment and supplies as needed.
- Transport bicycles and supplies back to Toronto, and work with other crew and volunteers to get supplies back into storage.

Nutrition

- Coordinate the set-up, clean up and tear down of food service areas.
- Set up and monitor break stops.
- Provide assistance to caterer in food preparation and food service.
- Food Crew leader directs assigned teams in assisting Food Crew
- Serve meals.



Road Support & Wellness

We will also be supplementing our volunteers with **two professional sports event paramedics**.

This Crew will:

- Mark the route with Bike Rally signage.
- Provide assistance with non-routine bike repairs.
- Notify event management of any changes in road conditions or detours. Monitor the route.
- Transport riders in the case of injury or mechanical failure.
- Most Important: They cheer everyone on!

- Provide medical support on the road, at breaks, lunch and at camp.
- Provide complimentary therapy, such as massage, as required.
- Lead stretching and yoga sessions.
- Organize the daily support group for those in recovery.



Packing Day

Saturday, August 5, 2023, 9:00 AM-1:00 PM

**Monsignor Fraser College – Isabella Campus
146 Isabella St. Toronto**

- This day is mandatory for all **Crew, 1-Day, and 6-Day Riders**. Also for **3-Day Riders** who live in the **Toronto area**.
- **If you are a 3-Day Rider from outside the Toronto area**, you will have your 'Packing Day' upon your arrival to Queen's University on the afternoon of Tuesday, August 8th.
- **1-Day Riders will load their backpacks or small bags** onto their designated truck.
- **Most Crew will pack their belongings into their vehicles, not onto the trucks.** Check with your Crew Leads to determine where you should put your gear.
- All participants will pick up their rider **jerseys** or **crew t-shirts**.
- **3-Day Riders** must also **load their bicycles** for transport to Kingston. Remember, you will not see your packed things until Tuesday afternoon /evening upon their arrival to Queen's University.
- **6-Day and 3-Day Riders** in attendance will proceed to the **trucks and load their bins** or bags into their designated truck, ready for departure the next morning. **Bin dimensions are 32L" x 20.2W" x17.5H" (106 L).**
- **Please note that once your belongings are loaded onto the trucks, they will become inaccessible.** You will not have access to them until our arrival at the campsite in Port Hope, so do not pack items you need for Day 1 such as the Official Bike Rally jersey or Crew T-shirt, sunscreen, and medications.

Please bring non-perishable food items for donation to PWA's Essentials Market.



6-Day/1-Day Departure Ceremony

Sunday, August 6th, 2023

Departure from Toronto

Corktown Common Park, 155 Bayview Avenue, Toronto

7:00 AM Rider/Crew Sign-in Opens

7:45 AM Group Photos

8:30 AM Speeches

8:45 AM Group Stretch

9:00 AM Departure

For friends and family, there is free street parking available around the departure venue on Front Street and connected side streets, or underground Green 'P' parking lots available within walking distance, including at 120 Bayview Avenue and 100 Cooperage Street. **Official parking for Crew vehicles** is being arranged at nearby locations. Check with your Crew Leads for more info.

When you arrive at Corktown Common, please **check in at the registration desk** under the large pavilion on the hill at the south end of the park. Once Riders have registered, join your Team in the field. Crew may have duties that necessitate meeting before the ceremonies at a different location and time – please check with your Crew Leader.

All participants must **wear the Official 2023 Bike Rally Jersey or Crew T-shirt** which was provided the day before at Packing Day. Riders must bring everything they need for their first day on the road. During the ceremonies, riders are asked to leave their bicycles in the designated fenced-in area. After the ceremonies, all Riders will depart together in a slow and orderly procession, keeping one bike length distance from the Rider in front at all times.



Day by Day

Day 1 – Sunday, August 6th, 2023

Toronto to Port Hope: 115 km

Break one is at the 23 km mark (East Point Park, Scarborough, ON).

Lunch is at the 60 km mark (Lakeview Park, Oshawa, ON).

Break two is at the 84 km mark (Bondhead Parkette, Bond Head, ON).

Camp is at the 115 km mark. (Agricultural Park & Recreation Centre, [62 McCaul Street, Port Hope ON](#)).

When you arrive, grab your bins and **set up camp in the lower field** on the south side of McCaul Street.

**** A huge thank you to Helen Anne Haskill and her late husband Sanford who hosted our campsite on their family farm for well over a decade! The farm is being sold, so our camp has moved to the new location at the Port Hope Rec Centre.****

- There are **6 portable showers** located outside the Rec Centre, and **2 showers** inside.
- Enjoy the afternoon! Go to the **beach**, play **pickleball** or **basketball**, enjoy a "**spa experience**" in the indoor lounge, get a **physical treatment**, or walk 20 mins and explore **downtown Port Hope** along Walton Street (includes patio restaurants, galleries, LCBO, coffee shops and more!)
- **Starting at 3:00 PM**, shuttle vans will depart from the "**BEACH SHUTTLE PICK-UP**" sign to bring people to the nearby beach for swimming. The beach is also a 20 min walk or 5 min bike ride.
- 1-Day Riders can get changed into regular clothes in the Rec Centre changerooms.
- Dinner will be in the **air-conditioned gym from 5:30 PM to 7:00 PM**. The evening program, including a celebration of the 1-Day Riders, will run from 6:30 PM - 7:30 PM
- The bus returning 1-Day Riders, friends & family to Toronto will **depart at 8:30 PM**.



Day by Day

Day 1 – Sunday, August 6th, 2023

1-Day Rider & Cheer Squad Send-Off

If you're a 1-Day Rider – congratulations! After months of training and fundraising, you've made it!

Thank you for a great day. We hope you had a fantastic experience and hope you will join us for the Bike Rally next year!

1-Day Riders returning to Toronto must have their **bikes loaded on to the assigned truck by 5:30 PM.**

Following the evening program, participants will meet the **bus outside of the Rec Centre, departing at 8:30 PM.**

The bus is scheduled to arrive in Toronto back at Monsignor Fraser High School (location of Packing Day) by **10:00 PM.**

The Rustlers and staff will be on hand with the 1-Day Riders' bikes. All Riders are required to pick up their bike that evening.



Bike Rally 2024

Amazing new initiatives are coming to the Bike Rally for the 2024 year, and we're super excited about them. We hope you get excited too! Sign up early, get fundraising early, and we'll see you on the road. Thanks again for being a Friend for Life!



Bike Rally Leadership

Bike Rally Staff:

Event Manager:
Michael Reid

Event Officer:
Emma-Cole McCubbin

Marketing Coordinator:
Abubaker Bukulu

Logistics Coordinator:
Izi Janc

Agency Executive Directors:

Toronto PWA Foundation:
Suzanne Paddock

AIDS Community Care Montreal (ACCM):
Emilie Renahy

Trellis HIV & Community Care:
Gilles Charette

Steering Committee:

2023 Co-Chairs: Gaby Harvey & Robb Walker

Community Engagement: Ted Robinson,
Jehd Canceran & Vince Hughes

Sponsorship: Stiva Sinanan & Neil Kudrinko

Fundraising: Seamus Butterly & Trevor Hopman

Participant Engagement: Dustin Seidler & Sara Menard

Recruitment & Retention: Simon Lysnes,
Jacob Nagy & Laurence Lui

Team Captain Co-Lead: Eli Elsasser & Brent Southin

Training & Support: Stephen Yeates & Milly Weidhaas

Nutrition: Todd Davies & Tak Tsukada



Bike Rally Leadership

Road Support/Wellness: David MacKay & Trinity Dempster & Stephen McKeown

Rustlers: Brent Everett James & Eric Klaver

Tech Support: Harvey Kaye

25th Anniversary: Sam Lapidus



Bike Rally Leadership

Team Captains

Spokémon: Jeff Otto & Dean Miller

Chain Reaction: Mark Keller & Carl Hiehn

Tour de Prance: Brian Millward & Jonathan Robbins

Horde of the Rings: Michael Shreve & Vanessa Pinto

Pneu Sensations: Josh Roy & Kevin Egan

The Curious Incident of the Cog in the Night Time: Jeremy Hall & Anthony Castaneda

House of Quads: Dustin Seidler & Stiva Sinanan

Cycling Everywhere All at Once: Steve Yeates & Milly Weidhaas

Clippindales: Tim Martin & Simon Lysnes

Friends With Bikes: Paul Dawson & Connie Crosby



Friends For Life Bike Rally Policies

Stick to the Route

All riders must stay on the designated route during the Rally.

We recommend you ride with at least one other person so that if there is a problem or you need to go off the route, there is someone who is aware of where you are.

All riders are required to check in with their Team Captains upon arrival at the campsite each night.

In Case of Emergency

If an injury or accident of an urgent nature occurs while riding or driving, call 911 first then the Bike Rally emergency number. Note: 911 **must** be called if you are involved in a motor vehicle collision.

If you run into less serious problems along the route, flag down a Road Support vehicle for assistance or call the help number on your license plate 647-641-4357 (647-641-HELP)

You will also need to fill out an online incident report with Road Support volunteers or Bike Rally staff.



Friends For Life Bike Rally Policies

Alcohol and Drugs

Under no circumstances are participants permitted to ride or drive while under the influence of alcohol, cannabis, or illegal substances.

The Toronto People with AIDS Foundation staff and the Friends For Life Bike Rally Crew Members, Steering Committee, Team Leaders and Co-Chairs are restricted from facilitating/coordinating the direct supply, sale and distribution of alcoholic beverages to any person during the Bike Rally event or training rides.

Discrimination/Harassment

The Friends For Life Bike Rally and Toronto People With AIDS Foundation are welcoming of all people and we do not tolerate discrimination or harassment in any form.

If you experience discrimination or harassment during training rides or the Rally itself, you can approach staff directly or email The Bike Rally Manager Michael Reid at mreid@pwatoronto.org. All incident reports are kept confidential.



Friends For Life Bike Rally Policies

Injured Participants

If an injury or accident of a serious or urgent nature occurs while riding or driving, call 911 first then the Bike Rally emergency number.

Should a participant suffer a less serious injury or illness during the event, he or she will be examined by a Rally paramedic and is transported to the nearest hospital for treatment, if necessary.

If the paramedics, in consultation with Rally leadership, deem a participant unable to ride for that day, the participant and their bicycle will be transported to the next campsite.

Should injury or illness result in a participant not being able to complete the Bike Rally of their own volition, the participant may be sent home at the expense of Toronto People With AIDS Foundation.

If a rider is unable to continue cycling due to a health condition, but can safely assist one of the support crews, the rider may be assigned a crew role for the duration of the ride.

Any decision in this regard will be made through consultation between the Rally paramedic, the participant and Bike Rally leadership.

Be Considerate

We are staying in public campgrounds so please observe the posted rules pertaining to each campground.

In addition, we have early mornings and busy days ahead of us, so please keep any music and noise levels down after 10:00 PM.

All campgrounds must be left the way we found them, so do not leave in the morning until you have cleaned up all litter and debris at your site.



Friends For Life Bike Rally Policies

Fragrance

Scented products can aggravate health problems for some people – especially those with asthma, allergies or other medical conditions.

They also attract bugs! Please respect those who are sensitive to perfumes, scented lotions, hairspray, colognes and other scented products.

Restroom Facilities

All breaks, lunches, and campsites are equipped with restroom facilities.

Please use the ones provided to avoid offending the local communities. If you are not around a Bike Rally designated location, please make an effort to find another resource out of the public eye.

Speaking to the Media/Public

As participants, we are all unofficial Bike Rally spokespersons in all of our conversations.

Sometimes local media or community members will approach you to talk about the Rally. At all times, it is expected we represent ourselves and the Bike Rally professionally. If you choose to speak with them, be sure to only speak to your own experiences, feelings and personal story.

If you feel uncomfortable speaking to the media or members of the community you can direct them to one of these people: Robb Walker and Gaby Harvey (Co-Chairs), Sam Lapidus (Past Co-Chair), Michael Reid (Bike Rally Manager) are the official spokespersons for the Bike Rally.

COVID-19 Policy

Prior to the Event

- **We strongly recommend being fully vaccinated, including a third dose.** Participants who are at higher risk as encouraged to get their 4+ doses, depending on advice from your medical professional.
- **We are not asking for PCR or Rapid Antigen Testing prior to departure**, but this is subject to change depending on the circumstances at the time. The cost of any testing would be covered by the Bike Rally.
- **Stay home if you're sick or test positive for COVID-19.** We ask that any participant who tests positive for COVID-19 or has been in close contact with someone who has tested positive for COVID-19 remain home for the event. Individuals who have reached their fundraising minimum and need to stay home due to COVID-19 will be eligible for a roll-over of all funds to the 2024 Bike Rally.

During the event

Social Distancing & Masking

- The Bike Rally is a summer event that is primarily outdoors, and therefore carries a low risk of COVID-19 transmission. Enclosed spaces such as Crew vehicles, washrooms, buses, etc. carry a higher risk of potential transmission. Participants are encouraged to wear a mask in any situation they feel might pose a risk. There will be a strict “no-shaming” policy around masking.
- The Bike Rally will provide a supply of **high-quality masks (N95, KN95, KF94)** which can be picked up at Packing Day or from the Wellness Crew.
- The **only time that masking will be mandatory** is to protect others if you develop COVID-like symptoms.

In the Event of Illness

- Any individual experiencing COVID-19 symptoms should **put on a mask and call the Bike Rally Helpline or approach the Wellness Crew.**
- The participant will be **administered a Rapid Antigen Test**, and if they receive a positive COVID-19 diagnosis they will be required to leave the Ride.
- Any **transportation or accommodation planning/costs will be covered** by the Bike Rally. Individuals who need to be removed from the Ride due to COVID-19 will be eligible for a medical roll-over of funds to the 2024 Bike Rally.
- Any **close contacts (tentmate, close friends, etc.) will also need to be tested** and/or asked to take extra precautions to protect others.

NOTE: Rapid testing will only be available to those reporting symptoms of COVID-19, and their close contacts. They will not be available upon general request by participants.

The Bike Rally Will Provide

- High-quality well-fitting masks (N95, KN95 or KF94), upon request.
- Rapid tests to be used for participants who may become symptomatic on the Ride.
- Transportation and other support for participants who may test positive and are required to leave the Ride.
- Transparency about any COVID-19 on the ride, including tracking and notifying close contacts, while maintaining medical confidentiality.

Air Quality Policy

As smoke from wildfires becomes a more regular occurrence across the Bike Rally region, we are studying the best ways for us to adapt over the next few years to keep our participants healthy and safe.

Ultimately, it is up to individual riders to understand air quality advisories and assess their personal risk before cycling long distances (Air quality updates will be included in the Daily Cog and in the Morning Announcements). In terms of postponing or cancelling riding on specific days of the Rally, we are working under the current loose guidelines, which are subject to change:

- Air Quality Health Index of **9-10 or more**: Riding will likely be cancelled.
- Air Quality Health Index of **7-8**: Riding could be cancelled, depending on other variables (temperature, ride difficulty, etc.)
- Air Quality Health Index of **6 or under**: Riding will not be cancelled. It is up to individual participants to assess their own risk.

Any Rider who is not comfortable riding for any reason will always be given the choice to be transported by Road Support/Wellness to the next rest stop, or straight to camp.

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IGNORANCE
BECOMES

ACCEPTANCE

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Thank You.