

# **RONA MS Bike Tour – Regina**

## **Frequently Asked Questions**

### **When is the Bike Tour happening?**

August 15<sup>th</sup> – 16<sup>th</sup>, 2009

### **Where's the Tour location?**

This year's tour is going from Balgonie to Fort Qu'Appelle and back.

### **How long is the ride?**

It is a 62 km route from Balgonie to Fort Qu'Appelle on Day 1. On Day 2 cyclists will head back on the same road from Fort Qu'Appelle to Balgonie.

### **How do I transport my luggage to Balgonie?**

There will be a Jay's Moving truck in Balgonie that will load everyone's luggage and transport it for you. You will be given a package when you check in on Saturday morning with luggage tags to put on your baggage.

### **Where do I keep my car overnight?**

There will be a secured parking lot for anyone who is staying overnight. Security will be monitoring the vehicles for the duration of the Tour.

### **What is the minimum that I must raise?**

\$250 (no one is allowed to ride without turning in the minimum)

### **Do I have to wear a helmet?**

Yes, a certified helmet must be worn at all times on the Tour.

### **I'm worried that I won't be in good enough shape to finish the tour.**

There will be volunteer-run training rides in July and August to help get you into shape. Also, at the Tour there are Safety and Gear Vehicles that drive the route and pick up weary cyclists and their bikes. They can take you to the next rest stop, or all the way to the end of the route.

### **Can I have someone shadow me in their vehicle?**

No, for the safety of all participants we ask that you do not have anyone shadowing you. We do encourage you to meet up with whomever at a rest stop down the road, or at Fort Qu'Appelle.

**Does it matter what kind of bike I have?**

Not at all. The route is on paved highway, so road tires might be more suitable, but hybrid, mountain bike, or road bikes are fine. Just make sure your bike is in good repair. Any bikes that are custom designed should be checked by Dutch Cycle before going en route to ensure they are safe. We will be holding several "Tailgate BBQ and Bike Tune up" parties so that you can bring your bike to get a basic tune up. Dutch Cycle will also be on the route to assist cyclists with mechanical problems along the way.

**What time do I have to be at Balgonie on Day 1?**

Be at the Balgonie Community Hall between 7:00-8:00 to make sure you have enough time to check-in and get a snack (we'll have a light breakfast on hand) before you hit the road at 8:30 am. The latest time you can check in is 8:15 am.

**Can my friends and family come and watch me ride?**

There will be a wrap up BBQ in Balgonie once you make it back on Sunday. Invite your friends and family to cheer for you as you cross the finish line!

**Is there any type of awards given out for top fundraisers?**

There will be an awards ceremony and supper happening Saturday after the Tour, starting at 6:00 pm. We're hoping enough of you will still be hanging around when it's time to go for a celebratory drink and enjoy the entertainment in Fort Qu'Appelle.

**What is there to do during the afternoon?**

If you raised \$750 or more, once you arrive at Fort Qu'Appelle you can sign up for a free 20 minute massage. There will also be afternoon entertainment and a refreshment area.

**How do I get to Balgonie?**

Get on Highway #1 east headed towards Winnipeg. The Community Hall is right on the west edge of Balgonie, watch for Rona MS Bike Tour Signs. Balgonie is about 10 minutes out of Regina on the North Side of the #1 Highway.

**Will there be a Special Silent Auction again like last year?**

Yes, there will be many prizes available again on Saturday night.

**What happens to my bike once I get to Fort Qu'Appelle?**

Your bike will be put in the gym and locked down for the night once all the cyclists have arrived. Nobody is allowed in the gym after they have dropped off their bike.

### **How do I turn in my pledges?**

You have the opportunity and are encouraged to turn in your pledges before the Tour. Our office hours are 8:30 to 4:30 and we're open over lunch. We're also open later hours on August 11<sup>th</sup>-14<sup>th</sup> from 8:30 am – 8:00 pm. Please do not bring any money on Friday the 15<sup>th</sup>, as we will be very busy with final preparations. You can also hand in your pledges on the day of the event.

### **How much do I have to raise to receive the jersey and shorts?**

- If you raise \$1,000 or more, you will qualify as a Club 1000 Member and receive the gorgeous special edition 2009 Bike Tour Jersey
- If you raise \$2000 or more, you will qualify as a Club 2000 Member and receive the special edition 2009 Bike Tour Cycling Shorts
- If you raise \$3000 or more, you will qualify as a Mission Possible Club member and will receive a special edition Mission Possible gift.

### **I am a vegetarian, or I have food allergies, are there substitute foods?**

We do have some vegetarian selections, but please let us know so that we can order enough vegetarian dishes for the banquet. If you have some specific dietary needs please call us and let us know.

### **Do I collect my pledge money by how far I've cycled?**

We suggest you collect pledges at the time you ask people for them. Get people to sponsor you for a flat rate. This will save you time because you don't have to go back to them later.

### **Where do I sleep in Fort Qu'Appelle?**

You have the option of either camping or indoor accommodations (TBD). You are responsible for bringing your own sleeping bags, mats, etc. Or, you may make your own arrangements to stay at a hotel.

### **Can I invite a guest for dinner?**

Yes, tickets will be on sale at the office prior to the Tour as well as at the refreshment gardens on Saturday.

**Do I have to turn in any money before I ride?**

You must hand in a minimum of \$250 before you can ride. You have until September 4<sup>th</sup>, 2009 to hand in the rest of your pledges to be eligible for prizes. Please bring most or all of your money to Balgonie August 15<sup>th</sup>.