



Hospice Gran Fondo to benefit Niagara Hospice

Frequently Asked Questions and Pre-Ride Checklist

What is a Gran Fondo? A Gran Fondo is a type of bike ride that originated in Italy. It translates to “big ride.” They usually include a mass start, food & refreshment stops, and scenic routes. Our ride includes all of those things! Gran Fondos are becoming increasingly popular in the United States and we are proud to be the first in Western New York. Our ride is not a race and we have routes for everyone from new riders to very experienced.

How do I register for the Hospice Gran Fondo? Online registration is available on our website www.HospiceGranFondo.com or you can visit www.NiagaraHospice.org and visit our events page to register. If you do not have access to the internet, call Maureen Rizzo at Niagara Hospice at 716-280-0728.

Is there a fundraising minimum like with other charity bike rides? No. You are not required to fundraise. However, if you would like to raise extra donations for Niagara Hospice, you can have your friends, family, & coworkers make donations by using our fundraising pages.

Can I register and create a team? Yes. We are encouraging our riders to form teams. When you register online the first member of the team will enter the team name. After that, each rider can select that team to join when they register online. Matching team shirts are encouraged!

How can I ride in honor of a loved one? You can print an “I RIDE IN MEMORY OF”, or an “I RIDE TO CELEBRATE” bib available on our Fundraising page <http://hospicegranfondo.com/homepage/riders/fundraising-pages/>. Bibs will also be available on ride day at our Niagara Hospice tent.

Do all teammates have to ride the same route? No. The members of your team can ride any of the three routes.

I am not an avid bike rider, can I still ride? Yes. We have three routes to choose from. We have 15, 30, and 62.5 mile routes. We do not recommend the 30 or 62.5 for beginners!

Is there an age minimum for the ride? There is a minimum age of 12 years old for the 62.5 mile ride. We also suggest that younger riders on all routes are accompanied by an adult.

Can I change routes after I have registered? Yes. Since our ride is not timed, you can do the route you feel comfortable with the day of the ride.

How can I volunteer for the Hospice Gran Fondo? Simply contact Maureen Rizzo at Niagara Hospice at 716-280-0728 or mrizzo@niagarahospice.com.

When and where does the ride take place? All routes begin and end at Krull Park at 6180 Lake Road in Olcott, NY.

Route	Start Time	Approx. Finish Time
62 Mile	8:00am	11:30am-1:00pm
30 Mile	9:00am	11:30-1:30pm
15 Mile	9:30am	11:15am-12:30pm

What should I bring with me on ride day?

- Your bike (be sure to check your air pressure in tires, brakes, & your bike chain before you ride)
- Water bottle
- Helmet (**required**)
- Weather-appropriate clothing
- Sunglasses and sunscreen
- Driver's license or photo ID
- A snack for before the ride



Sample Road Signage

How will I know where to ride? All routes will be marked with arrows on the road and signage. Many intersections will have Police or Volunteers available as well. All riders will receive cue sheets in their ride bags and can also access the routes on their smart phone.

Where do I pick up my bib and ride bag? All of your race day items (ride bag, bib, pins, cue sheet, etc.) can be picked up the morning of the ride at Krull Park 6180 Lake Road Olcott, NY. Be sure to arrive an hour before your start time to ensure you have ample time to pick up your bag, enjoy the pre-ride party, and line up for the start of your route.

Pre-Ride Packet Pick Up - If you would rather pick up your ride bag before the ride, we will have pre-ride packet pick up **Wednesday May 16, 2018 from 5:00pm – 9:00pm** at Bert's Bikes & Fitness at **1550 Niagara Falls Blvd. Tonawanda, NY**. Packet pick up will still be available ride morning starting at 7:00am.

Where should I park the day of the ride? Free parking will be available on the grounds of Krull Park.

What if it rains? The Hospice Gran Fondo will take place rain or shine. There are alternate plans in case of severe weather (see below).

What happens if there is severe weather? In the case of severe weather, we have safe places for riders to pull over along the route. These safe places are indicated on the route maps and cue sheets available on www.HospiceGranFondo.com. If required, riders will be directed to the nearest safe place and picked up from these safe locations to retrieve their cars and pick up their bicycles.

Will there be food available for riders? Yes. There will be water and light snacks at the refreshment stops along the route. We will also have food at the post race party. The participating wineries will have wine tastings paired with cheese.

What should we expect at the pit stops at the wineries? Since we do not want anyone to drink wine while riding, we will have water, Gatorade, and light snacks available at each pit stop. We will also have portable restrooms for riders to use. The wineries will be at the post race party with their wines for riders to taste & enjoy after the ride.

Are helmets required to ride in the Hospice Gran Fondo? Yes. We will check to be sure you are wearing your helmet. You are required to wear it for the entire ride. Your safety is very important to us.

Will you have SAG wagons in case of flat tires or breakdowns along the routes? Yes. We have local bike shops on call to come and change tires and do small repairs. You will be given a number to call if you are in need of help. If you have your own repair supplies it is strongly recommended that you bring them, especially for the longer routes.

What if a rider is hurt on the ride or there is an emergency? In case of a true emergency, call 911. Each town is aware of our ride and will have an ambulance on call. If it is not an emergency, you can call the SAG wagon number provided on your cue sheet.

What if I need to stop riding? You can call the number on the cue sheet and we will have someone come out and pick you up and bring you back to Krull Park.

Can my Company become a sponsor of this event? Yes. A representative from your company can contact Maureen Rizzo at mrizzo@niagarahospice.com or 716-280-0728 for information on our sponsorship opportunities.

Where do the proceeds from this event go? All proceeds from the Hospice Gran Fondo go directly to Niagara Hospice. Niagara Hospice has provided end-of-life comfort, care and support since 1988 to over 25,000 Niagara County individuals and families faced with terminal illness. No one is ever denied hospice care due to inability to pay. For more information, visit www.NiagaraHospice.org or call 716-439-4417.



www.NiagaraHospice.org

716-HOSPICE