

Niagara Hospice Gran Fondo 2022



FREQUENTLY ASKED QUESTIONS

Due to the ongoing nature of COVID-19, some of our routine procedures that are discussed in the FAQs below are subject to change based on state and local guidelines at the time of the Ride

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.

Will the Gran Fondo be in person or virtual this year? We're committed to hosting an in-person event for the community on **August 6th, 2022**. Safety will always be our first priority, and we're excited to bring an unforgettable experience to you this year. We also have great ways for people to get involved by setting their own goals and participate with us virtually.

What safety measures are you taking the day of the ride in response to COVID-19? The event team is working hard to ensure a safe Ride experience in 2022. Planned preventative measures include:

*Increased number of hand washing and hand sanitizer stations

Is there an age requirement to participate in the Hospice Gran Fondo? The minimum age to ride in The Hospice Gran Fondo is 12 years old for all routes. Riders between the ages of 12-17 must have an adult accompany them.

I want to ride. Are there fundraising requirements? 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.

How much is the registration fee for riders?

- 2/1/22-6/23/22 \$50 for all routes
- 6/24/22-7/24/22 \$60 for all routes
- 7/24/22-8/5/22 \$70 for all routes
- Day of ride \$80 for all routes

Can I change my route after registering? Yes of course! If you created an account on ItsYourRace you can login in make the changes yourself. Or you can just email allison.bolt@niagarahospice.org and we will assist you in changing your route.

I am not an avid bike rider, can I still ride? Yes. We have three routes to choose from. We have 15, 33, and 62 mile routes. We do not recommend the 33 or 62 for beginners!

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.

How can I participate in the Hospice Gran Fondo this year? There are a number of ways you can participate in the Hospice Gran Fondo in 2022.

- Register to ride – August 6th, 2022. Routes range from 15 to 62 miles. The 2022 routes can be viewed here : **62 33 15**
- Register as a virtual rider – choose your date, location and distance-gather your friends (socially distanced of course!) and ride! You will have from July 1st-August 6th to ride. Virtual riders will receive a dri-fit shirt and a Hospice Gran Fondo mask with a \$25 donation.
- Volunteer the day of the ride. Volunteers are needed leading up to the Hospice Gran Fondo and the day of the ride.

Where does the ride take place? All routes begin and end at Niagara Hospice 4675 Sunset Dr. Lockport, NY 14094.

What are the start times? Start times vary by route. *Subject to change due to COVID restrictions

- 7:30am for the 62 mile route
- 9:00am for the 33 mile route
- 10am for the 15 mile route

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!

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

How can I ride in honor of a loved one? You can purchase a "I RIDE IN MEMORY OF" sign for \$30 that will be placed along the finish line on Sunset Dr. You can print a "I RIDE IN MEMORY OF bib" HERE. Bibs will also be available on ride day at our Niagara Hospice tent.

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
- Lawn chairs if you want to tailgate in our parking lot after the ride

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. The 62 mile ride will be marked by green arrows, the 33 by blue, and the 15 by red. All riders will receive cue sheets in their ride bags and can also access the routes on their smart phone via RidewithGPS.



Where do I pick up my bib and ride bag? Packet pickup will be located at Niagara Hospice Garage (4675 Sunset Dr. Lockport, NY 14094) on **Wednesday, August 3rd 12pm-7pm and Thursday, August 4th 4pm-7pm**. Click [here](#) to see where to park! If you cannot make it to packet pick up, you will be able to pick up the morning of the ride. Please arrive 30 minutes prior to your start time to ensure no delays.

Where should I park the day of the ride? Free parking will be available on the grounds of Niagara Hospice. Please do not use the main entrance of Niagara Hospice as this is the start/finish line. There will be event parking flags designating the appropriate entrance. Volunteers will be guiding you where to park. Parking will take place in a grassy lot.



What should I expect the day of the ride?

Please arrive at least 30 minutes prior to your start time. There will be coffee and light breakfast refreshments available in the Niagara Hospice garage. We will have a queue area where we will be lining everyone up. Please get into line at the appropriate time. When you arrive back after your ride, we will be serving lunch and beer/drinks. The band Flipside will start playing at 11 am.

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. 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 pre-packaged snacks at the refreshment stops along the route. We will also have food at the after party along with beer and wine.

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 Niagara Hospice.

