

Niagara Hospice Gran Fondo 2023



FREQUENTLY ASKED QUESTIONS

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.

What date is the Gran Fondo this year? The Gran Fondo will be held on Saturday, August 5th, 2023.

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. [**CLICK HERE FOR A FUNDRAISING GUIDE**](#)

How much is the registration fee for riders?

- Before April 1st: \$60
- 4/1/23-8/4/23: \$75
- Day of Registration: \$85

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 2023.

- Register to ride – August 5th, 2023. Routes range from 15 to 62 miles. The 2023 routes can be viewed here: **62 33 15**
- Volunteer the day of the ride. Volunteers are needed leading up to the Hospice Gran Fondo and the day of the ride.
- Not a cyclist? Sign up to attend the post ride party for \$25. Ticket includes 3 hours of live music, food, and drink!

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.

- 7:30am for the 62 mile route
- 8:30am for the 33 mile route
- 9:30am 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 an "I RIDE IN MEMORY OF" sign for \$40 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 spread out on our property and listen to the band

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 2nd 12pm-7pm and Thursday, August 3rd 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.

What about the hill? We have blocked off traffic on West Jackson St. so there should be no cars on the road. Please stay to the right if you choose to ride your bike up the hill. Please stay to the left if you choose to walk your bike up the hill. There will be a volunteer stationed at the bottom of the hill with a pick-up truck. If you choose to avoid the hill all together he will give you a ride back to the finish line (it will be our little secret!).

If you have any other questions please reach out to our Events Department at 716-280-0780 or Events@NiagaraHospice.org

