



# 2025 FREQUENTLY ASKED QUESTIONS

→  
**AUGUST 9, 2025**

62 miles: 7:30am  
33 miles: 8:00am  
15 miles: 9:00am

←  
All rides start from

## Niagara Hospice

4675 Sunset Dr.  
Lockport, NY 14094

[www.hospicegranfondo.com](http://www.hospicegranfondo.com)



All proceeds benefit the  
specialized care  
provided by

NIAGARA  
HOSPICE

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# 01

## What is a Gran Fondo?

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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.

# 02

## Registration/Refunds/Transfers

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- Registration is open from January 31, 2024 and will remain open on race day.
- We are not issuing refunds or deferments of any kind for this charity fundraiser.
- If you are unable to participate (wedding, injury, medical, pregnancy, etc.) and have paid in full, you may transfer your registration to another participant. Please email Colleen Daddario at [colleen.daddario@niagarahospice.org](mailto:colleen.daddario@niagarahospice.org) to complete process.
- If you choose not to transfer your registration, as a paid participant, you will still be entitled to receive your race packet and shirt which can be picked up during the designated packet pickup times.

### Price of registration will be as follows:

- 1/31/24-3/31/24.....\$60
- 4/1/24-8/9/24.....\$75
- Day of Registration.....\$85

# 03

## Age Requirement

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- 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.

## 04 Shirt Cut Off Date

- All participants who register before 7/26/24 will be provided with a Gran Fondo Dri-Fit shirt
- Participants who register after 7/26/24 will have the option to choose a Gran Fondo shirt from a previous year (sizes and colors are not guaranteed, shirts are limited on a first come, first serve basis)
- If you transfer your registration after 7/26/24, the shirt size that was originally ordered will be the shirt size the new participant will receive.

## 05 Packet Pick Up

- Packet pickup will be held at **Niagara Hospice (4675 Sunset Dr. Lockport, NY 14094)**
- Please bring your own bag to packet pickup.
- You may pick up your friends/families bibs at packet pickup. Please have a list of names ready if there are more than 2.
- Pick up times will be as follows:

Wednesday (8/6)	Thursday (8/7)
12pm-7pm	4pm-7pm

### Late packet pick up:

- If you're unable to make it to the packet pick up at Niagara Hospice before the event, we will have a late packet pick up available at the registration table at the event. Please arrive early to ensure you get to the start line on time!

# 06

## Routes

- You can choose from 1 of our 3 routes (The 2024 routes can be viewed here: [62](#), [33](#) or [15](#))
- All routes start & end at our Niagara Hospice campus on Sunset Dr. in Lockport.
- All routes meet for last 2 miles leading into the finish line going up West Jackson St. in Lockport. This is a hill, however we have worked with the City of Lockport to ensure the hill will be blocked off to all traffic on the day of the race to ensure the safety of our riders. 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, they will give you a ride back to the finish line (it will be our little secret!)

### What route should I choose?

- If you are not an avid bike rider, we recommend the 15 mile route.
- 33 & 62 mile routes are for more elite cyclists.

### When do the different routes start?

62 miles: 7:30am

33 miles: 8:00am

15 miles: 9:00am

**All riders are required to wear helmets at all times during the ride and to follow the rules of the road.**

# 07

## Changing my route after I register

- You can change your route at any time. If you created an account on ItsYourRace, you can login and make the changes yourself or you can email [colleen.daddario@niagarahospice.org](mailto:colleen.daddario@niagarahospice.org) and we will assist you in changing your route.

## 08 SAG Wagons

- We partner with local bike shops who will be on site prior to the event for any last minute tune ups, air in tires, etc.
- We will provide you with a phone number on your cue cards at packet pickup to call should you have a flat tire or breakdown along the route & our SAG wagons will come out to assist you.
- If you have your own repair supplies it is strongly recommended that you bring them, especially for the longer routes.

## 09 Signage

- 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 the ride bags and can also access the routes on their smart phone via [RidewithGPS](#).



## 10 Rest Stops

- All routes will have rest stop(s) stationed with volunteers, a portable restroom, various snacks, water & some will have Gatorade.
- 62 miles- 8 rest stops, 33 miles- 5 rest stops, 15 miles- 2 rest stops
- At packet pick up, we will have a list available of what each stop will offer.

# 11 Day of 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 Midlife Crisis will start playing at 11am.

## What to bring:

- Your bike (be sure to check air pressure in tires, brakes & your bike chain before you ride)
- Helmet (**required**)
- Race bib (**required**)
- Water bottle
- Weather-appropriate clothing
- Sunglasses and sunscreen
- Lawn chairs if you want to spread out on our property and listen to the band. We will have some seating, but it is limited.

# 12 Parking

- Free parking will be available on the grounds of Niagara Hospice. Please do not use the main entrance of Niagara 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.



## 13 Weather

- The Hospice Gran Fondo will take place rain or shine.
- 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.

## 14 Spectators

- Not a cyclist? Sign up to attend the post ride party for \$30. Ticket includes 3 hours of live music, food and drinks!
- Spectators are welcome to come to the start/finish line to cheer on our riders. Most riders start coming back around 10am. Feel free to bring your lawn chairs!
- Spectators will be directed to use the event parking entrance & will park in the field.

## 15 Post Ride Celebration

- All participants are invited to stay for the post ride celebration from 11am-2pm (included in your ride registration).
- Non-cyclists can come & purchase a ticket for \$30. Can pre-order here or come to the registration table the day of the ride.
- Our headliner Midlife Crisis will be performing from 11am-2pm & we will have food, local beer & wine slushies from Niagara County breweries & wineries.



# 16

## Riding In Memory Of

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- You can purchase an "I RIDE IN MEMORY OF" sign for \$25 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 at packet pick up & at day of registration.

# 17

## Teams/Fundraising

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### Teams:

- 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!
- The members of your team can ride any of the three routes

### Fundraising:

- Fundraising is not required to participate. However, if you would like to raise extra donations for Niagara Hospice, you can have your friends, family, coworkers, etc. make donations by using our fundraising pages. [CLICK HERE FOR A FUNDRAISING GUIDE.](#)

# 18

## Where do the proceeds go?

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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](http://www.NiagaraHospice.org) or call 716-439-4417.

# 19

## Security/First Aid/Volunteering

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### Security:

- This event is open to the public on our campus at Niagara Hospice. Some police will be present throughout the day at the start/finish line & on the routes.
- Local law enforcement has been made aware of the event & the routes the riders will be taking.

### First Aid:

- A first aid tent is available on our Niagara Hospice campus.
- All pit stops are equipped with basic first aid kits & can call our emergency line if additional assistance is needed.
- Volunteer bike marshals will be on each route wearing a reflective yellow safety vest. Each are given a mini first aid kit.
- 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.
- If you need to stop riding for any reason, 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.

### Volunteering:

- We are always looking for volunteers for this event. If you are interested, please email [colleen.daddario@niagarahospice.org](mailto:colleen.daddario@niagarahospice.org) to learn how you can get involved.

- |              |                |               |
|--------------|----------------|---------------|
| • Set up     | • Registration | • Lunch       |
| • Rest Stops | • First Aid    | • Merchandise |
| • Parking    | • Breakfast    | • Clean Up    |

# 20

## Contact Information

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**Allison Bolt**

Special Events Coordinator

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**Colleen Daddario**

Events Specialist

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