

Niagara Hospice Gran Fondo 2021

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 **July 24, 2021**. 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 2021. Planned preventative measures include:

- *Increased number of hand washing and hand sanitizer stations
- *Social distancing measures will be implemented at all locations, including start line
- *Face masks will be required at start line, rest stop, and finish line. Riders should also wear a face mask while receiving assistance from fellow riders, volunteers, or support vehicles while on the road.
- *All meals, snacks, and beverages will be prepackaged, grab & go varieties
- *Increased frequency of cleaning and sanitizing high touch surfaces at rest stops and other areas

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? The registration fee for each route is \$50. There will be no price increases this year.

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 2021.

- Register to ride – July, 24 2021. Routes range from 15 to 62 miles. The 2021 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-July 24th 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. We will be sending out 50 riders every 15 minutes. When you register you will pick your start time.

- 7am-7:45am for the 62 mile route
- 8:15am-9:30am for the 33 mile route
- 10am-10:45am 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 print an "I RIDE IN MEMORY OF bib" [HERE](#). Bibs will also be available on ride day at our Niagara Hospice tent.

****New for 2021: Honor your loved one by purchasing a customized memorial sign. These personalized signs will be placed along Sunset Dr. leading up to the finish line. More information coming soon!**

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)
- A face mask & hand sanitizer
- Water bottle
- Helmet (required)
- Weather-appropriate clothing
- Sunglasses and sunscreen
- Driver's license or photo ID
- A snack for before 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. 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? We are determining the most efficient method to distribute event swag and fundraising incentives. Please continue to check our website for further information.

Where should I park the day of the ride? Free parking will be available on the grounds of Niagara Hospice. More information will be provided as the day gets closer.

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 have a variety of pre-packaged snacks and a grab & go lunch available for you after the ride. ***As of 3/22/21 NYS DOH is limiting outdoor gatherings to 200 people. If there is a change to that number and we can all safely gather at an after party we will make you aware!**

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.

Can my Company become a sponsor of this event? Yes. A representative from your company can contact Allison Bolt at allison.bolt@niagarahospice.org or 716-280-0766 for information on our sponsorship opportunities.

Who can I contact at Niagara Hospice if I have more questions? You can contact the Niagara Hospice event team at 716-280-0780 or through the online contact form **[HERE](#)**



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