



2 Day Ride Rider Welcome Package

Vancouver to Manning Park • 225km • June 22-23, 2019

GearUp4CF.ca



Welcome Riders!

Congratulations on joining the 2019 GearUp4CF 2 Day Ride! We cannot thank you enough for joining us on this amazing ride and for making this incredible commitment to help us move one step closer to finding a cure for cystic fibrosis.

Every year family and friends of Canadians living with cystic fibrosis come together for GearUp4CF to cycle and raise funds in support of life-giving research. This event started in 2006 with 11 riders who raised \$20,000 and has grown every year. Since its inception thirteen years ago, GearUp4CF has raised nearly \$2 million for vital cystic fibrosis research and clinical care.

This guide provides you with important ride details, suggestions on how to prepare for your ride, and also includes some ideas and resources to get you started with your fundraising activities. Additionally, we encourage you to contact the office at any time if you have any questions or concerns.

Ride Details

Day One

- Date:** Saturday, June 22nd, 2019
Time: 8:00 am - Registration/Check-in
9:00 am - Ride begins
- Start Location:** Crescent Beach (Blackie Spit)
End Location: Coast Chilliwack Hotel
- Meals provided:** Light morning snack, lunch, dinner buffet

Day Two

- Date:** Sunday, June 23rd, 2019
Time: 8:00 am - Start time
- Start Location:** Coast Chilliwack Hotel
End Location: Manning Park Resort
- Meals provided:** Breakfast buffet, lunch, light snacks and refreshments



Fundraising

Minimum fundraising commitment: \$1,500

If you do not meet your fundraising minimum by June 22, you've got a few options: make a donation by cash, cheque, debit or credit card at the event OR make a donation directly to your personal fundraising page online. Our fundraising website will be available until Thursday August 1, 2019.

All riders are invited to the Cystic Fibrosis Canada Burnaby office on **Monday, June 17th, between 9am and 7pm**, to drop off cash or cheque donations that you may have already collected. Note: you will still need to check-in and pick up your jerseys on the day of the event.

Ride Logistics

Arrival

All riders are expected to make their own way to the start line at Crescent Beach (Blackie Spit). Please ensure that you arrive on time for registration/check-in prior to the start of your ride.

Parking & Transportation

There is no overnight parking at Crescent Beach parking lot. We suggest parking in the residential area near Crescent Beach. Cystic Fibrosis Canada will be providing transportation (including bike) on the evening of Sunday, June 23rd from Manning Park Resort to Crescent Beach or Vancouver.

Registration/Check-in

Once you arrive, please proceed to our registration booth at Blackie Spit to check-in. Riders will receive the following at registration: (1) rider card (route map with emergency contacts), (2) rider number for your bike, (3) jersey. The registration booth will also direct you to the overnight baggage drop-off.

Luggage

No access to your luggage will be available until your arrival at the Chilliwack Coast Hotel. If you require medication or anything immediate during the day, please let us know in advance to make prior arrangements.

Bike security

A volunteer will be monitoring bikes before the start of the ride, but please note that the bike racks are not in an enclosure and we do not have security guards present on site.



Safety

Safety is our number one priority for all riders participating in GearUp4CF. We ask that you please follow all rules of the road, including riding in single file on the shoulder of the road and stopping at all stop signs and lights.

Fully-supported ride

This is a fully-supported ride, meaning there will be moto escorts and support vehicles monitoring the route and riders. There is, however, limited directional signage along the route so please ensure you are familiar enough with the route, have a rider card with you or have “**Strava**” loaded onto your phone. The Rider card contains a map reference, route directions as well as key contact numbers. We encourage all riders to carry a phone, or at least have one of your team members carry a phone.

First Aid

There will be 3 motorcycles on course with one designated first aid motorcycle. Their job is to be of assistance with major intersections, directions, bike repairs, and first aid needs. CF Canada staff will also have basic first aid kits in their vehicles. If you have a critical emergency while on the route, please call 911. If you need non-critical first aid support, locate moto-support nearest you, or call the dispatch number located on your rider card and we will dispatch the first aid support to your location.

Pit Stops & Washrooms

We have multiple pit stops along the route. There will be lunch pit stops as well as water and snack pit stops to help keep you hydrated and fueled for the ride. Friends and family are welcome to join the pit stops to help encourage you throughout the ride. Public washrooms will be available at all pit stops. As a safety precaution, all riders must check-in at each pit stop, even if you do not intend to stop.

Bike Mechanic

A Bike Mechanic will be available at the start-line and pit stops. If you are a fair distance from the pit stop and for some reason cannot proceed with the ride, call the dispatch number and we will determine whether it is best to send a pick up vehicle or mechanic to your location.

Infection Control Policy

There will be individuals living with cystic fibrosis at the bike ride, so please keep in mind our Infection Control Policy. For more information, please click [here](#).



Food

As GearUp4CF is a fully supported ride, food will be provided for all riders. Snacks and beverages will be provided at each pit stop. Additionally, there will be designated lunch pit stops on the route, and breakfast and dinner will also be provided at the Chilliwack Coast Hotel. **If you have special dietary requirements please notify us as soon as possible.** We will make our best efforts to accommodate everyone's needs.

Hotel

Hotel rooms and pool use at the Chilliwack Coast Hotel will be provided to all 2-day riders. To book additional rooms for friends and family, please call 1-800-716-6199 (Coast Chilliwack). Please note that space may be limited. **Riders will be sharing a room with one other person, so please let us know if you would like to share with someone specific.**

A celebration dinner, along with a silent auction and brief presentation will be hosted at the Chilliwack Coast Hotel to celebrate the ride and funds raised to help find a cure for cystic fibrosis. Friends and family are also invited to join the dinner and festivities.

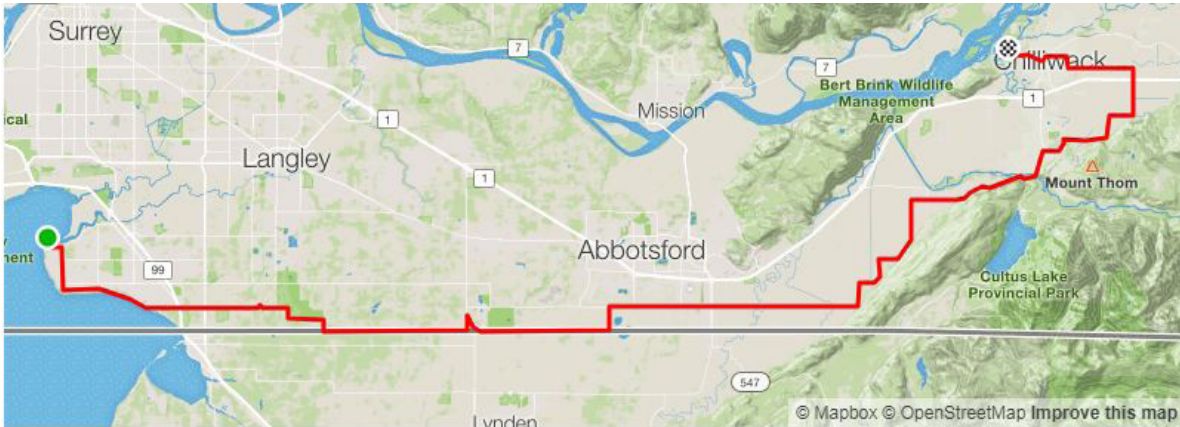
The Route

GearUp4CF is a supported ride. It is not a race and it is not timed. You will be responsible for taking on the peaks and valleys and turns of this ride.

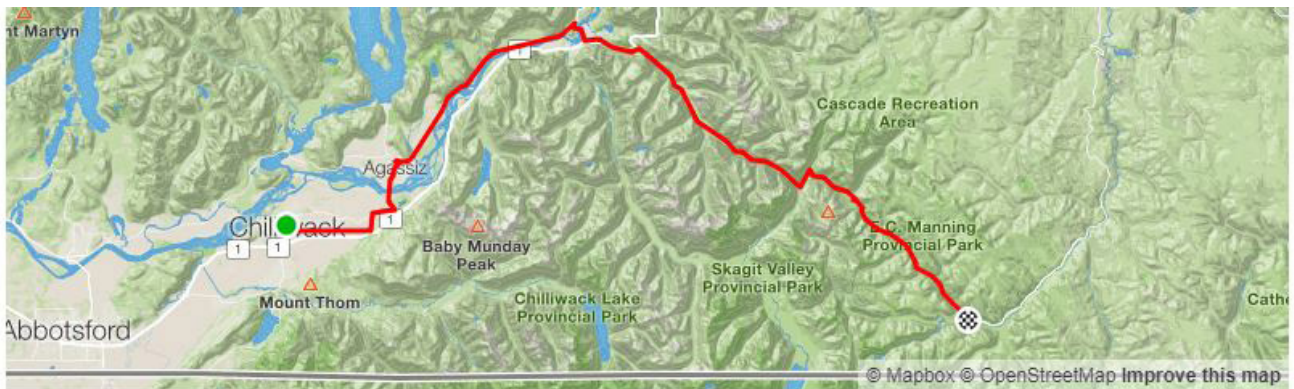
Day One of GearUp4CF will take you 100km from the shores at Crescent Beach to Chilliwack at the end of the Fraser Valley. The beautiful and flat 'century' ride through the valley's country roads offers scenic views and very little elevation gain. The mountains ahead of you will give your eyes a feast as you ride along with both the 1-day and 2-day riders.

Day Two will be a test of endurance and strength. After departing Chilliwack, you will enjoy an easy ride to Hope. Here the road climbs to the site of the Hope Slide. The ascent continues on to Allison Summit (elevation: 1,342 m) in BC's beautiful Manning Provincial Park. Be aware, the weather in the park is unpredictable. It is crucial to be prepared with appropriate clothing for temperatures below 10 degrees celcius, rain, fog and even snow. Once you peak at Allison Pass it is a downhill run to the Manning Park Resort where we will celebrate the enormous riding and fundraising efforts that everyone has put in. The route is subject to change and riders will be informed of the finalized route as soon as it is available.

Day 1: <https://www.strava.com/routes/17639195>



Day 2: <https://www.strava.com/routes/17627732>





Fundraising

Before you start fundraising, there are a few things you should know to help you achieve your goal.

Set a goal: Set an ambitious, yet attainable fundraising goal for yourself and share that goal with everyone you ask to donate.

Get social: If you are active on social media sites like Facebook, Twitter and Instagram, use them to get the word out. Tweet or post with a message about the ride and why you are participating. Provide a link to your page so that people can donate easily online.

Ask: Not being asked is one of the top reasons Canadians do not donate to a charity.

Invite others: When you meet someone that is moved by your story, ask them to consider signing up and riding with you.

Say thank you: When you receive a donation, thank the person who has supported you with a personalized email, handwritten card, or a phone call. They will be more likely to support you again in the future if you thank them in a personal way.

Collecting Donations

The easiest way to accept donations is through your personal online fundraising page which can be accessed at www.GearUp4CF.ca. Electronic tax receipts will be issued immediately via email for online donations. Please make sure to check your junk mail folder.

If you are collecting cash or cheques, please complete the pledge form on the last page of this package and make sure to bring your cash and cheques to the registration table on event day. Tax receipts will be issued by the Western Regional office after the event.

If you are collecting cash or cheque donations and would like your personal online fundraising page to reflect your success please follow these steps:

1. Sign into your account at www.GearUp4CF.ca
2. Click on the 'Fundraising' tab at the top of the page
3. On left side, click 'Manage cash and cheque'
4. Enter the donor's information and submit



Fundraising Ideas

Above and beyond everything else, we are doing this ride to raise money to find a cure for cystic fibrosis. Raising money can be a daunting task, so we have put together a list of suggestions based on approaches that have been successful for past participants.

Email Blast: Send an email to your family, friends, coworkers, neighbours and everyone else you know asking them to sponsor you. Provide them with links to your page and directions on how to donate. The key to making your letter successful is to ask for a specific dollar amount. Don't forget to follow-up with a phone call!

Social Media: Use social media like Facebook, Twitter or a personal blog to update your friends on your training and get them excited about your adventure. Make sure to include a link to your personal fundraising page.

Local Businesses: Approach businesses that you have a strong connection with and ask them to support you on the ride. A great place to start is your local bike shop!

Spread the word: Wear CF related clothing while training and tell everyone what you're doing. See if you can get complete strangers to support you.

Please note, tax receipts may not be issued for the purchase of a product, entrance fee, lottery ticket or revenue from an event. For example, if you hold a burger and beer night and raise \$800 through tickets sales, raffle and silent auction, you may not submit that \$800 for a personal tax receipt. If you have personal expenses from hosting the event, you can submit your receipts to us, and we will provide you with a personal tax receipt for the amount of your expenses. If you have any questions regarding our tax receipting policy, please contact the office.

Contact Us

If you have any questions or require anything further, please contact **Sandra Niven, Fund Development Associate** at sniven@cysticfibrosis.ca.

Phone: 604-436-1158 ext. 105

Address: Cystic Fibrosis Canada - Western Region
301 - 3185 Willingdon Green
Burnaby, BC V5G 4P3

Websites: www.GearUp4CF.ca
www.cysticfibrosis.ca/western-canada/

Facebook: @CysticFibrosisWesternCanada

Instagram: @CFCanadaWestern

Twitter: @CFCanadaWestern

PLEDGE FORM

PLEASE HELP US MAKE CF STAND FOR CURE FOUND.



Rider Name:		
Address:		Apt#:
City:	Province:	Postal Code:
Telephone (home):	E-mail:	
Team Name:		

1	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code
2	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code
3	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code
4	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code
5	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code
6	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code
7	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code
8	Donor's Name (First/Last)	Phone	E-mail	
	Suite/Apt/Unit - Address	City	Province	Postal Code

Amount		Tax Receipt Requested
Cash	Cheque	
		<input type="checkbox"/> print <input type="checkbox"/> electronic
		<input type="checkbox"/> print <input type="checkbox"/> electronic
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Total Cash	Total Cheque	Page Total

PLEASE MAKE CHEQUES PAYABLE TO CYSTIC FIBROSIS CANADA. Tax-creditable receipts will be issued for all donations over \$20. Donor information must be complete in order to receive a tax receipt (name, full address including postal code). Electronic tax receipts will be issued if an **email address** is provided (full mailing address must still be written in order to receive any tax receipt). **Please photocopy this form for your records.**

By completing this form, you hereby consent to the collection and use, by Cystic Fibrosis Canada of your personal information in accordance with Cystic Fibrosis Canada's *Privacy Policy*. Details of our policy are available by sending an e-mail to privacy@cysticfibrosis.ca with "Attention Privacy Officer" in the subject line, or by contacting Cystic Fibrosis Canada at 1-800-378-2233. Charitable registration # 10684 5100 RR0001

2 Day Ride Training Guide: Month One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1		11km - Tempo		25km - Base			35km - Endurance
BUILD I Total Weekly Volume: 71km	OFF	Warm-up well. Then ride 7 to 9 km non-stop in the heart rate 3 zone on a mostly flat course.	X-Training or Active Recovery	Ride a rolling course (2-4% grade hills) in zone 1-2.	X-Training or Active Recovery	OFF	Very easy pace, spinning on a flat course in zone 1-2.
WEEK 2		12km - Tempo		28km - Base			45km - Endurance
BUILD I Total Weekly Volume: 85km	OFF	Do 6 x 2000m building to zone 3 (2 minute recoveries).	X-Training or Active Recovery	Ride primarily at zones 1-2 on a rolling course.	X-Training or Active Recovery	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 3		12km - Tempo		32km - Base			56km - Endurance
BUILD I Total Weekly Volume: 100km	OFF	Warm up for 15mins in zone 1-2, then ride 12km steady at zone 3-4.	X-Training or Active Recovery	Ride on a flat to gently rolling course, at least 50% of ride time in zone 2.	X-Training or Active Recovery	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 4		15km - Recovery		15km - Recovery			15km - Recovery
RECOVERY Total Weekly Volume: 45km	OFF	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	OFF	Very easy recovery, spinning on a flat course.

Zone 1: 50-60% Effort

Zone 2: 60-70% Effort

Zone 3: 70-80% Effort

Zone 4: 80-90% Effort

Zone 5: ≥ 90% Effort



**TRUE NORTH
STRENGTH**

2 Day Ride Training Guide: Month Two

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5		12km - Intervals		15km - Tempo	35km - Base		58km - Endurance
BUILD II Total Weekly Volume: 120km	OFF	Do 4 x 6 minutes in heart rate zone 4 (2-minute recoveries).	X-Training or Active Recovery	Ride on rolling course, most of ride time in zone 2-3.	Ride on a flat to gently rolling course, at least 50% of ride time in zone 2.	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 5		11km - Intervals		17km - Tempo	45km - Base		77km - Endurance
BUILD II Total Weekly Volume: 150km	OFF	Do 2 climbs on a 6-8 minute hill (4-6% grade) in heart rate zone 4.	X-Training or Active Recovery	Warm up for 15mins in zone 1-2, then ride 15km steady at zone 3-4.	Ride on a flat to gently rolling course, at least 50% of ride time in zone 2.	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 7		12km - Intervals		15km - Tempo	60km - Base		93km - Endurance
BUILD II Total Weekly Volume: 180km	OFF	Do 5 x 5 minutes in heart rate zone 4 (2-minute recoveries).	X-Training or Active Recovery	Do 4 x 4 km building to zone 3 (5 minute recoveries).	Ride primarily at zones 1-2 on a rolling course.	OFF	Ride in zones 1-2, mostly zone 1. Flat course.
WEEK 8		30km - Recovery		30km - Recovery			30km - Recovery
RECOVERY Total Weekly Volume: 90km	OFF	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	OFF	Very easy recovery, spinning on a flat course.

Zone 1: 50-60% Effort

Zone 2: 60-70% Effort

Zone 3: 70-80% Effort

Zone 4: 80-90% Effort

Zone 5: ≥ 90% Effort



**TRUE NORTH
STRENGTH**

2 Day Ride Training Guide: Month Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 9		12km - Intervals		15km - Tempo	75km - Base		98km - Endurance
BUILD III Total Weekly Volume: 200km	OFF	0:10 to 0:15 seconds standing sprint every 3:00 all in the same gear - 15x through.	X-Training or Active Recovery	Do 4 x 5 km building to zone 3 (2 minute recoveries).	Ride primarily at zones 1-2 on a rolling course.	OFF	Ride in zone 1-2, mostly 1 zone. Flat course.
WEEK 10		9km - Intervals		25km - Tempo	80km - Base		121km - Endurance
BUILD III Total Weekly Volume: 235km	OFF	Do 8 climbs on a 3-4 minute hill (8-10% grade) in heart rate zone 4.	X-Training or Active Recovery	Ride on rolling course, most of ride time in heart rate zone 2-3.	Ride on a flat to gently rolling course, at least 50% of ride time in zone 2.	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 11		10km - Intervals		30km - Tempo	100km - Base		130km - Endurance
BUILD III Total Weekly Volume: 270km	OFF	3 x 3 minutes in the biggest gear you can push. Recover 3 minutes in zone 1-2 between sets.	X-Training or Active Recovery	Ride steady at zone 3 to low zone 4.	Ride a rolling course (2-4%) hills in zones 1-2.	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 12		50km - Recovery		50km - Recovery			50km - Recovery
RECOVERY Total Weekly Volume: 150km	OFF	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	Very easy recovery, spinning on a flat course.		OFF	Very easy recovery, spinning on a flat course.

Zone 1: 50-60% Effort

Zone 2: 60-70% Effort

Zone 3: 70-80% Effort

Zone 4: 80-90% Effort

Zone 5: ≥ 90% Effort



**TRUE NORTH
STRENGTH**

2 Day Ride Training Guide: Month Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 13			23km - Intervals		35km - Tempo	142km - Endurance	100km - Base
PEAK Total Weekly Volume: 300km	OFF	X-Training or Active Recovery	On a 6-8% hill do 6 x 3 minutes to the heart rate zone 5 (3-minute recoveries).	OFF	Ride steady at zone 3 to low zone 4.	Very easy pace, spinning on a mostly flat course in zone 1-2.	Ride on a flat to gently rolling course, at least 50% of ride time in zone 2.
WEEK 14			20km - Intervals		40km - Tempo	80km - Endurance	85km - Base
TAPER I Total Weekly Volume: 225km	OFF	X-Training or Active Recovery	7 x 3:00 in the biggest gear you can push, recover 3:00 in zone 1-2 between each set.	OFF	Ride steady at zone 3 to low zone 4.	Very easy pace, spinning on a mostly flat course in zone 1-2.	Ride on a flat to gently rolling course, at least 50% of ride time in zone 2.
WEEK 15			30km - Tempo		30km - Taper		40km - Taper
TAPER II Total Weekly Volume: 100km	OFF	X-Training or Active Recovery	Ride steady at zone 3 to low zone 4.	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 16		30km - Easy			GearUp4CF - 2 Day Ride		
RACE WEEK	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.	Active Recovery				

Zone 1: 50-60% Effort

Zone 2: 60-70% Effort

Zone 3: 70-80% Effort

Zone 4: 80-90% Effort

Zone 5: ≥ 90% Effort



**TRUE NORTH
STRENGTH**