



1 Day Ride Rider Welcome Package

1-Day • 100 km • June 22nd, 2019

www.GearUp4CF.ca



Welcome Riders!

Congratulations on joining the 2019 GearUp4CF 1 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

- 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

Fundraising

Fundraising commitment for 1-Day Riders: \$150.00

All riders are invited to the Cystic Fibrosis Canada Burnaby office on Monday, June 17th, between 8:30am and 6pm, to pick up your GearUp4CF jersey (if purchased online), and to drop off cash or cheque donations that you may have already collected.

New this year: Raise \$250+ by May 20, and you will receive your dinner and transportation back to Vancouver or White Rock at no extra charge. After May 20, we will contact riders who have not raised this minimum for payment.



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 offering transportation (including bike) on the evening of Saturday, June 22nd from the Chilliwack Coast Hotel back to Crescent Beach, or Vancouver, at a cost of \$40. If you would like transportation and did not sign up through registration, please contact the office as soon as possible to guarantee a seat.

Registration/Check-in

Once you arrive, please proceed to our registration booth at Crescent Beach 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 (if purchased).

Jerseys

Jerseys will only be provided free of charge for those participating in the 2-day event. If you would like to purchase a jersey, please order yours at www.GearUp4CF.ca by May 1st, 2019.

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 3 pit stops along the route. Friends and family are welcome to join the pit stops to help encourage you throughout the ride. These stops will have water and snacks to keep you hydrated and fueled, and there will also be public washrooms available at each stop. As a safety precaution, all riders must check-in at the pit stop and at the finish line, 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](#).

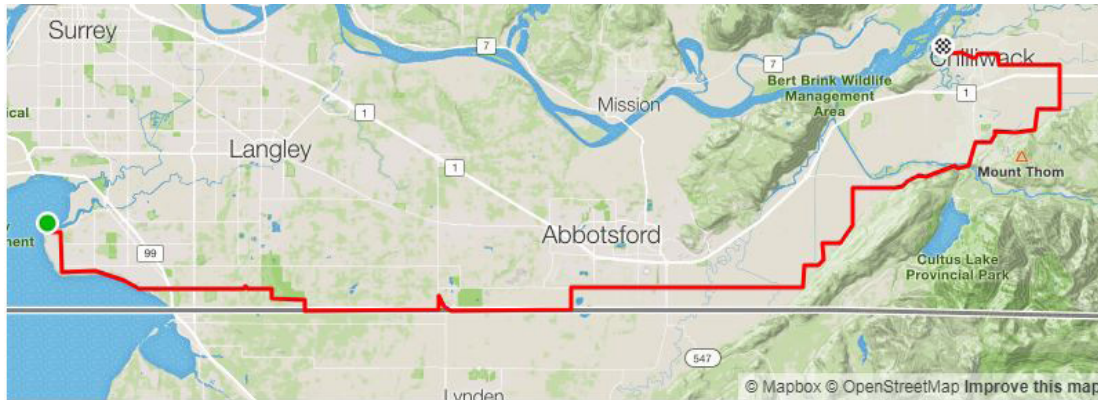
Food

Riders will be provided light snacks and beverages at the start-line and pit stops along the route. Upon arrival at the Chilliwack Coast Hotel, riders will have the option to attend a celebration dinner. If you are planning to join us for the dinner and did not sign up during online registration, please let us know at BCinfo@cysticfibrosis.ca. Additional costs will apply.

The Route

Day One of GearUp4CF will take you 100km from the shores of the Pacific Ocean 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. Riders are welcomed upon arrival in Chilliwack and are provided with a celebration dinner, a silent auction, a brief presentation, and access to the pool and showers at the Chilliwack Coast Hotel. Friends and family are invited to join the celebration dinner as well. 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>



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.



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 fundraising toolkit to help. **Please click here for the fundraising toolkit.**

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

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

100 km Training Guide: Month One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1		11km - Tempo					35km - Endurance
BUILD I Total Weekly Volume: 46km	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	OFF	X-Training or Active Recovery	OFF	Very easy pace, spinning on a flat course in zone 1-2.
WEEK 2		12km - Tempo					45km - Endurance
BUILD I Total Weekly Volume: 57km	OFF	Do 6 x 2000m building to zone 3 (2 minute recoveries).	X-Training or Active Recovery	OFF	X-Training or Active Recovery	OFF	Very easy pace, spinning on a mostly flat course in zone 1-2.
WEEK 3		12km - Tempo					56km - Endurance
BUILD I Total Weekly Volume: 68km	OFF	Warm up for 15mins in zone 1-2, then ride 12km steady at zone 3-4.	X-Training or Active Recovery	OFF	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
RECOVERY Total Weekly Volume: 30km	OFF	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	OFF	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**

100 km Training Guide: Month Two

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5		15km - Tempo		25km - Base			50km - Endurance
BUILD II Total Weekly Volume: 90km	OFF	Ride on rolling course, most of ride time in zone 2-3.	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 5		10km - Tempo		25km - Base			65km - Endurance
BUILD II Total Weekly Volume: 100km	OFF	Warm up for 15mins in zone 1-2, then ride 8km 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 7		10km - Tempo		25km - Base			85km - Endurance
BUILD II Total Weekly Volume: 120km	OFF	Do 4 x 4 km building to zone 3 (5 minute recoveries).	X-Training or Active Recovery	Ride primarily at zones 1-2 on a rolling course.	X-Training or Active Recovery	OFF	Ride in zones 1-2, mostly zone 1. Flat course.
WEEK 8		30km - Recovery					30km - Recovery
RECOVERY Total Weekly Volume: 60km	OFF	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	OFF	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
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100 km Training Guide: Month Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 9		15km - Tempo		15km - Tempo	75km - Base		90km - Endurance
PEAK Total Weekly Volume: 150km	OFF	Do 4 x 5 km building to zone 3 (2 minute recoveries).	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		25km - Tempo		25km - Tempo	80km - Base		121km - Endurance
TAPER I Total Weekly Volume: 80km	OFF	Ride on rolling course, most of ride time in heart rate zone 2-3.	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		30km - Tempo		30km - Tempo	100km - Base		130km - Endurance
TAPER II Total Weekly Volume: 40km	OFF	Ride steady at zone 3 to low zone 4.	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		30km - Recovery		20km - Recovery		GearUp4CF 100km Ride	
RACE WEEK	OFF	Very easy recovery, spinning on a flat course.	X-Training or Active Recovery	Very easy recovery, spinning on a flat course.	OFF		

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**