



LAKE  
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## Bike to the Beach 2020 Frequently Asked Questions

[collapsed title="What is Bike to the Beach?"]Bike to the Beach is a fundraising group bike ride from Winnipeg to Lake Winnipeg's Victoria Beach in support of LWF.[/collapsed]

[collapsed title="Do I need to pre-register to participate in the ride?"] **\*\*Note: the participant list is full. Any additional applicants will be put on a waiting list\*\*** You will be considered registered once you've

- (1) signed your waiver form, and
- (2) set up your personal fundraising page on the CanadaHelps [Bike to the Beach 2020 online campaign](#) page.[/collapsed]

[collapsed title="Is there a fee to register?"]No. However, all participating riders are expected to raise (or contribute) a minimum of \$250 in donations to LWF.[/collapsed]

[collapsed title="Is this a race? Will I be timed?"]No. Bike to the Beach is simply a group ride.[/collapsed]

[collapsed title="Is there a recommended fitness level for participating riders?"]Yes – you should be able to ride the distance that you're committing to. All cyclists are expected to ride within their abilities and self-select out of any situation that they do not feel comfortable with.[/collapsed]

[collapsed title="Can minors participate the ride?"]No. Riders must be at least 18 years old to participate in Bike to the Beach 2020.[/collapsed]

[collapsed title="What gear do I need to participate?"]Participants must provide their own road bike, helmet, water bottle, spare tube, phone, some money (or a credit card) and appropriate riding clothing/supplies for the day (eg: sunscreen, raingear). Cyclists without helmets will not be able to participate. Cyclists should not use ear phones, air pods or any other distracting device while riding. [/collapsed]

[collapsed title="When and where does the ride start and finish?"]Bike to the Beach 2020 will start at 7:30 a.m. sharp on Friday, Aug. 7, at Mountain Bean Coffee, 2001 Henderson Hwy. LWF staff will be on site at 6:45 a.m. to welcome all riders. The ride will finish at the VB Clubhouse in Victoria Beach. [/collapsed]

[collapsed title="How long is the route?"]The full route is approximately 130 km and is expected to take approximately four and a half to six hours to complete. Ride organizers will provide all participants with additional route details closer to the ride. Some riders can opt for a shorter distance by starting up with the group at one of three designated rest stops along the route. Regardless of where they plan to start, all riders will be welcome to attend the morning Bike to the Beach launch for coffee, comradery and to see the group off.[/collapsed]

[collapsed title="What happens if I can't finish the ride?"]Some riders can opt for a shorter distance by starting up with the group at one of several designated rest stops along the route. Each rider is responsible for coordinating a contingency pickup option for themselves from family or friends, and should have a phone with them should they need to call for assistance during the event. If a rider is in between rest stops and can't continue, they should call their prearranged contact to pick them up.[/collapsed]

[collapsed title="Will there be cars on the roads that participants will be riding on?"]Yes – Bike to the Beach will take place on active roads, and ride organizers do not have the authority to force vehicles to stop. All riders are expected to ensure it is safe to proceed, and to take measures to stay safe: keep your head up at all times. All riders are also required to wear helmets while riding, warming up and cooling down.[/collapsed]

[collapsed title="Will refreshments be provided?"]Water and light refreshments will be provided at the designated rest stops along the route. Riders are to provide their own water bottles. Several rest stops have a store close by if riders wish to make a purchase. Riders should plan to bring food with them, as well. Bike to the Beach organizers are not equipped to guarantee an allergy-free environment and will not have any alternate food options available at rest stops. Please come prepared with your own food should you have special requirements.[/collapsed]

[collapsed title="Cancellation and Rain Delays:"]Bike to the Beach will proceed as long as it is safe to do so; within reason, this includes riding in rain and wind. Updated information will be posted on LWF's website as appropriate and organizers will be in contact with all riders prior to the event. Each rider is responsible for coordinating a contingency pickup option for themselves from family or friends, and should have a phone with them should they need to call for assistance during the event. In the event of a change in the weather that affects the riders' ability to participate, they should call their prearranged contact to pick them up.[/collapsed]

[collapsed title="How are participants getting back to Winnipeg once the ride is complete?"]Each rider is responsible for their own transportation – both to the start of the ride and home from the end of the ride.[/collapsed]

[collapsed title="What public health precautions have been put in place to prevent against the possible transmission of coronavirus?"]Bike to the Beach 2020 has been adapted to ensure the safety of everyone involved. Ride organizers are limiting the number of participating riders and volunteers, and will be incorporating social distancing practices, sanitization procedures and other risk-reduction measures. Ride organizers continue to monitor all public health information and will further adapt activities should circumstances change.[/collapsed]

[collapsed title="Are charitable receipts provided for donations to Bike to the Beach?"]Yes. CanadaHelps automatically generates and emails charitable receipts for all donations made through the [Bike to the Beach 2020](#) online campaign page or through a rider's personal fundraising page. LWF provides

charitable receipts for donations of \$20 or more made directly to the foundation.[/collapsed]

[collapsed title="How are Bike the Beach proceeds being used?"]All proceeds for the ride will be donated to LWF to fund ongoing programmatic and advocacy work.[/collapsed]

[collapsed title="Can I support Bike to the Beach without participating in the ride?"]Absolutely! You can support the ride by donating to the ride itself, or to an individual rider, or by becoming an event sponsor. You can also help spread the word about Bike to the Beach with your networks.[/collapsed]

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