



## FREQUENTLY ASKED QUESTIONS

- **What is the ride?**
  - The ride is a weekend event that starts on the North-East shore of Montreal (likely Repentigny), with an evening rest point in Trois-Rivieres and a finishing point in Quebec City. If you live near Gatineau or Trois-Rivieres, there are travel coaches that will transport you to the starting line.
- **When can I check-in?**
  - In order to participate in the actual ride, you must check-in for the event. This step is only possible once you have raised the minimum funds or you pledge to make up an automated top up of the outstanding balance via credit card at the final deadline. When the check-in period starts, you will receive an e-mail to that effect with instructions. Once you are checked in, you will receive an event cycling jersey and personalized placards for your bike along with a matching wristband and a helmet tracking strip. You are also able to select a tent partner (two people to a tent).
- **Can I bring my bike the night before the start?**
  - Bikes can be dropped off the night before in a fenced compound (this avoids the hassle of dealing with both your bike and luggage the day of the event). Once checked in, the bike can't be removed from the compound without the wrist band that matches the placard which is attached to the bike - each person and bike is checked as a bike is taken out.
- **How is the luggage handled?**
  - The day of the event, you drop off your luggage at one of the trucks so that it can be transported to the evening resting place. Take note of the color code to locate your luggage upon arrival.
- **Is breakfast supplied on first day?**
  - There is breakfast provided and you can take your bike out of the compound. There are photo ops for the top fund raising teams by the starting line and then the opening ceremonies commence.
- **How does the ride start?**
  - At the conclusion of the opening ceremonies, every one crosses the starting line and starts their journey. The 10 biggest teams lead the way one at the time. It is not a race; everyone rides at their own pace. Although it is more enjoyable and more efficient if you ride with others who ride at the same pace.
- **Is there traffic on the roads?**
  - For the initial section of the route, the roads are closed to car traffic to give everyone a chance to spread out. Afterwards, the route is open to car traffic, however, the route is heavily patrolled by volunteer cyclists, volunteer drivers, and motorcycle police. The route is at no point along a major highway.
  - Much the ride follows along the St Lawrence River and features some breathtaking scenery.





- All along the route, there are people at the end of their driveways cheering the riders. At all major intersections, there are volunteers directing traffic and also cheering riders along.
- **Are there rest stops or medical and mechanical support during the ride?**
  - Every 25-30 km, there is a rest stop (complete with a welcoming committee) where you are able to refill your water bottles and help yourself to a wide assortment of snacks to keep energy levels high.
  - At each rest stop there are also bicycle mechanics that will do any necessary repairs/adjustments (replacement parts are not free so plan for a method of payment) and first aid tents should anyone need assistance.
  - There is also the ever so important line of portable toilets. At roughly the halfway point for the day, there is a lunch stop with pre-packaged lunches (sandwiches, salad, etc) along with all of the other amenities of the other rest stops (who has room for lunch after all the snacks - apparently everyone).
- **What is at the evening stop in Trois-Rivieres?**
  - At the evening resting point, there is a cheering committee to welcome you. The tents are all set up for you by volunteers. The luggage is unloaded in color coded areas and ready for you to move to your assigned tent.
  - There are fenced compounds for parking your bike for the night - same rules as at the starting point bike compound.
  - There are several transport trailers with portable showers and the line-up is always fairly small.
  - There are tents set up for food and beverage as well as massages (worth every second of the wait), first aid, and bike tune-ups.
  - Dinner is served around 6 p.m.
  - There is music playing up until the evening ceremonies start, after which there is a live band.
  - By 8 p.m. the beer tent is closed (two drink limit per rider) and by 9 p.m., the sidewalks are rolled up and everyone is in bed.
- **What happens on second day?**
  - The next morning, breakfast is ready and the course is open for cyclists starting as of 7 a.m.
  - The rest of the day is a repeat of day one. It is a slightly longer distance than day one and there are a few hills, however it is definitely not insurmountable.
  - At the finish line, there is a large welcoming committee and an announcement of your arrival as you ride through the twisting path through throngs of cheers and fanfare.
  - At the finish line there is more food and beverages (as if you haven't already eaten enough all weekend) as well as showers.
  - Should you need it, you have the option to sign up for transportation back to the starting point. You can load your bike on one of the trucks and when you are ready to leave, you gather your luggage and get on one of the travel coaches to transport you back.
  - The team of 350 volunteers is amazing and spoils the riders throughout the event.
- **Is there any cost involved?**
  - The only cost to you is if you need to replace a broken part on your bike. All of the food, services and transportation are covered by event sponsors and volunteers.



- **What are the steps to enter and participate in the ride?**
  - The first step is to register online at [conquercancer.ca](http://conquercancer.ca),
    - You must select which event region (Quebec)
    - Click "Register now" and then "Join a team"
    - Type "CAE" and then click "Join"
    - If there is a team member who encouraged you to join, be sure to enter his or her participation number.
  - Next, review the material provided on your login page.
  - Then, personalize your fundraising page.
  - Spread the word - no one will donate to your effort if they don't know about it.
  - Obtain proper equipment for the event - although not necessary at the beginning, the sooner the better as you will benefit immediately and you will familiarize yourself with it.
  - Train
  - Participate in group activities whenever possible.
  - Participate in the ride.
  
- **How do I raise the funds?**
  - Spread the word - no one will donate to your effort if they don't know about it.
    - Add the link to your fundraising page in your e-mail signature.
    - Post message about your journey on social media such as Facebook and Twitter.
    - Set up the Facebook app from the Conquer Cancer website.
    - Talk to people - friends, neighbours, co-workers.
    - Place a poster at your desk
    - Send personalized e-mails to your contacts
      - Only a few will typically respond to general social media requests.
  - Work on your fundraising plan
    - If you are like most people, you will need to do more than just contact the people you know; you will need to be persistent.
    - Think about fundraising activities that you can do outside of your direct circle.
    - Group up with others to participate in group fundraising activities.
    - Consider submitting an article to one of your community papers talking about the event and giving your webpage info.
    - Attend team fundraising workshops
    - Participate in community fundraising events such as hot dog sales at a grocery store, or a special fundraising dinner with a local restaurant.
  - Follow up with people you have already contacted.
  - Make your fundraising activities are visible everywhere.
  
- **What equipment do I need?**
  - A bike in good condition - it does not need to be top of the line or brand new. A road bike is ideal as it has the least rolling resistance so you are as efficient as possible. Urban or mountain bikes are geared differently so you will have to peddle faster to obtain/maintain a specific speed.
  - Cycling shoes and clipped peddles are highly advised. They have very firm soles so they spread the force more evenly over your foot to reduce fatigue. They also make your peddling more efficient and give you more power when you need it. They also have excellent ventilation.
  - Cycling shorts and jersey help with padding where you need it and allow optimal moisture control and comfort.
  - Cycling gloves help pad and protect the hands and greatly reduce the chance of blisters.
  - Helmet and bell are required, along with tire pump, tire tube, patch kit and tire tools.



- Although not necessarily needed for the ride itself, you should have lights on your bike. This allows you to extend the duration and or frequency that you can train. Should the weather turn ugly during the ride itself, the lights can ensure that you are visible to vehicles.
  - An inexpensive bike computer is quite handy for determining your average speed, and distance and time - useful for tracking your progression and for determining the pace that is natural and sustainable for you.
- **How should I train?**
    - Ride your bicycle regularly.
    - During the winter months use stationary bikes at a gym or take some spinning classes (Club CDL next door to CAE offers spinning classes at low cost to Team CAE members and discounted membership rates).
    - Build up to 25-30 km endurance between stops. That might sound like a lot at first but it is quickly reached through regular effort. The earlier you start the easier it will be. Be sure to drink regularly and practice drinking while on the move.
    - Practice doing multiple 25-30 km stages with short breaks in between. Once you are used to doing this distance without stops, it is fairly quick to get to the point where you can do it multiple times. This is the way that the ride route is broken up so this distance is very relevant.
    - Practice riding in groups. The team tries to have a variety of group rides so you can practice effective group riding skills, determine what a comfortable and sustainable pace is for you, and determine who else matches your pace.
    - Once you can do several 25-30 km stages with short stops in between, you are well on your way to being ready for the event. At this point you can try working on increasing your speed and or distance if you are so inclined.
- **What resources are available to me?**
    - Team CAE's sites.
    - Conquer Cancer's web site.
    - Fellow team members, especially the ones who have already participated in the event.
    - Team CAE committee members.
- **What are the benefits of Team CAE?**
    - You are part of a team and there are a number of people who can help you.
    - If you are a CAE employee, once you have raised \$1,000 in funds on your profile, CAE will contribute \$200 to your fundraising effort within a few weeks time
    - For each new recruit that you will bring to the Team CAE, you will receive \$100 once you have attained a minimum of \$1,000 in donations
    - CAE will provide you with a high quality Team CAE cycling bib and jersey to wear with pride at the event and afterwards - this occurs shortly before the ride itself to ensure that it is not showing too much wear before the event.
- **What happens if I don't raise the required \$2,500?**
    - You cannot participate in the ride.
    - You have the option to filling the missing money with your credit card so that you can participate.
    - All donations accumulated stay for the cause without further obligation from you.
    - The inscription fee is not refundable.