



Questions & Answers

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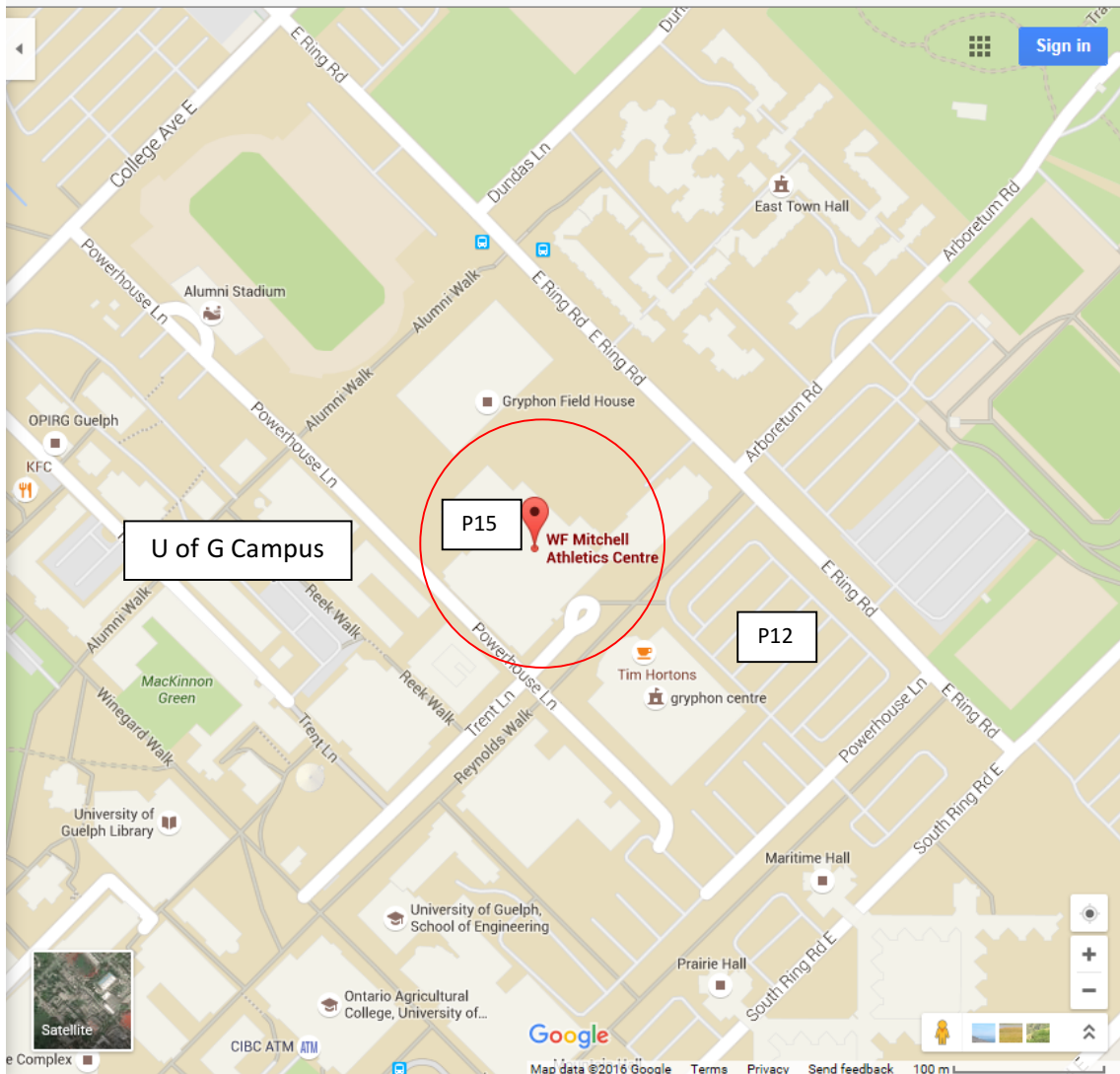
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Q: I know the event starts somewhere on the U of G property? Where, and where do I park?

The start/finish/registration are at the W.F. Mitchell Centre, 150 Reynolds Walk, Guelph, ON N1G 4Z8 (P15). To park, come along Gordon, turn east on South Ring Road then north on East Ring Road. Parking will be in P12 on the left. Registration is in the West Gymnasium of WF Mitchell Athletics Centre (P15). Watch for signs. See map below.



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Q: What do I do when I get to the University?

Registration is in P15.

If you have pre-registered, look for the Pre-registration tables in the West Gym. Go to the table with the letter of your last name. At the table you will receive a route map, rider wrist-band (which serves as your lunch ticket) and a complimentary T-shirt ticket (if you were one of the first 500 registered riders). If you have a T-shirt ticket, pick up your shirt at the T-shirt table. Although we try and order enough of each size, T-shirts are ordered in advance and sizes cannot be guaranteed.

Jersey Pick-up, If you registered in the Ride-for-the-Jersey option or purchased a Jersey as part of your registration on or before May 11th, then your Jersey will be available for you to pick up at the event. At registration, you'll be given a ticket that you must take with you to the Jersey Table that will be situated close to registration. For registrations and purchases made past May 11th, Jersey's will be delivered 4 to 6 weeks following the event.

If you have pledges to hand in, you'll be directed to the pledge table right next to where you registered.

Note the start time of your ride. Be in the start area at least 15 minutes before the start time.

If you have to register, look for Day of Event Registration signs. First, visit the sign up tables to complete the registration form and waiver & release. Complete and sign the form and take the form and money for the fee to the registration tables adjacent to the sign up tables. You can pay with cash, cheque, or by credit card. You will be given a route map and rider wrist-band (which serves as your lunch ticket). If there are still t-shirts available (we have them for the first 500 registered riders), you will also receive a t-shirt ticket which you can take to the t-shirt table, also in this long tent.

If you have pledges to hand in, you'll be directed to the pledge table right next to where you registered.

Note the start time of your ride. Be in the start area at least 15 minutes before the start time.

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Q: Where do the rides start and end?

All rides start in the marked start area in P15.

All rides end back at the start area.

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Q: Can you explain the registration fees for individuals and families?

Your registration fee gives you ride support, rest stops with food and water, nutritious lunch and an event T-shirt for the first 500 registered riders.

Individual prices are charged per rider for families and teams.

Children in Trailers or Tag Along Seats are free, but we require the parent or guardian to complete a registration/waiver form including the name of the child or children in the trailer or tag along seat.

No on-line registrations are accepted after midnight June 21, 2016 until the day of the event, Sunday June 24, 2018.

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Q: Fundraising? Really? How do I do that?

This is a fundraising event to support The Foundation of Guelph General Hospital and the Rotary Clubs of Guelph South and Guelph Trillium. Our goal this year is to raise \$125,000.

Did you know that in recent years more than half of the money spent on patient-care equipment at Guelph General Hospital has come from donors, via the Foundation? Government funding is a base, but fundraising is essential to deliver the best possible care. Through their support, donors are truly part of the GGH healthcare team.

Donors have funded everything from our MRI scanner and new vascular surgery unit, to specialized beds and critical vital signs monitoring equipment, to wheelchairs and IV poles. This equipment helps our healthcare team diagnose and treat illness and injury, change lives and indeed save lives, each and every day.

Rotary is an organisation of business, professional and community leaders, united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the

world. The Rotary Clubs of Guelph South and Guelph Trillium do great work in our community and internationally. Check out their websites for more information:

Guelph South:

www.rotary7080.org/guelphsouth

Guelph Trillium:

www.rotary7080.org/guelphtrillium

If you register online (www.tourdeguelph.ca), you automatically have access to a full range of on-line fundraising tools. You can upload your own photo and message, and email or share social media messages to your friends and colleagues asking them to support you. They can easily and securely make donations online.

Or, you can print off a pledge form and collect funds the old fashioned way! Consider making the first pledge yourself, and consider the amount carefully as the first pledge on a pledge form often sets a precedent!

We suggest a minimum fundraising goal of \$100 per rider, but there is no limit to how much you can raise! In the past, our top fundraisers have raised thousands for the hospital!

This year, all registrants that select the Ride-for-the-Jersey registration option and agree to raising a minimum of \$300 will receive an exclusive Tour de Guelph Five cycling jersey for FREE.

Fundraising is a lot easier than you may think, it really is as easy as asking, and reminding. Ask everyone you know and send reminders to those who have not yet contributed as it gets closer to the event. Let them know your goal, your progress and give a specific ask such as to match your \$20 donation or any other amount you feel is appropriate to those you are asking.

One last tip – the sooner you start fundraising, the greater your chance of meeting your fundraising goal!

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Q: Tell me about the routes.

The 25k, 50k, 75k, 100k and 160k rides are on paved roads, taking you through some very scenic areas. Please note that the distances are approximate and may be a few kilometers longer than stated.

The 5/10 k loop is through the arboretum and more protected from vehicle traffic. You can download a map of each route from the home page of the website.

Q: Are there time limits to complete the ride?

We estimate that all riders should complete their rides and be back to the University start/finish area safely by 2:30pm at the very latest.

All rest stops and expo will start shutting down at that time.

We ask that you please choose a route that you feel you can complete by or well before that time.

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Q: Are the roads closed for this event?

No roads are closed for the Tour de Guelph. Riders must obey all highway traffic rules including stop signs and stoplights.

Marshals will be at key intersections and crossing points throughout the routes.

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Q: Are there signs on the roads for the rides?

Yes, all rides are marked with route signs. Riders will also receive a route map which also contains written instructions, at the time of registration.

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Q: Are there rest stops with food, water and toilets on the rides?

Yes, all routes, except the 5 km and 10 km rides, have full rest stops with food, water and toilets.

Washrooms are located in the Athletic Centre and portable toilets will be outside near the start area.

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Q: What do I do if I need assistance?

If you have a serious medical emergency, call emergency personnel at 911.

If you have a minor medical emergency, or are having difficulty cycling or a mechanical problem with your bicycle, call the Tour de Guelph number on your route map 226-979-7626. That is the number for event headquarters.

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Q: What do you have to eat?

After you have had a nutritious breakfast at home, you should have full water bottles before starting your ride. All rest stops have water and fruit. There will be coffee and tea available in the start/finish area during the event.

A free lunch will be available for all riders in the West Gym starting at 11:30 a.m. Lunch consists of a sandwich or wrap, water, chocolate milk, fruit, chips and more. Vegetarian options are available. Food will be available until 2:00 p.m. after which time, volunteers will begin cleanup.

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Q: Do you need volunteers to help?

Yes! The more volunteers we have helping, the more successful the event. We welcome you, your family, your friends to volunteer. High school students will receive credit for their volunteer hours.

Contact our volunteer coordinator at volunteer@tourdeguelph.ca for further information.

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Q: Is the Tour de Guelph a bicycle race?

This is not a race. All riders must adhere to the Ontario Highway Traffic Act including stopping for stop signs and stoplights and riding not more than two abreast on all roads and in single file on busier roads. The purpose of the event is to provide a safe enjoyable day of cycling through Guelph and the surrounding countryside for a wide range of cyclists, and raising funds for three great causes. Novice riders and small children with their families can ride on the safety of the 5k and 10k loop and more experienced but less active riders can try the 25 km or 50 km rides.

If you are more fit and experienced, you can set out on the 75km, 100km or 160 km route. All the rides will allow you to see Guelph and the surrounding area in a way only possible from the seat of bicycle.

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Q: Can I register for one ride and switch to another ride?

Yes you can switch rides. When you arrive at the University, go to the registration table with the letter of your last name and let the volunteers know you would like to switch routes - ask for a route map for the ride you wish to do. If you are moving up to any ride that has an increase in price you will be charged the difference.

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Q: Will Tour de Guelph be held if it is raining?

Yes the Tour goes rain or shine. If there is a major downpour we will delay the start of the ride until the weather improves. If there is severe lightning, the start will be delayed until the weather clears. Dress for the weather and come out for a good time.

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Q: Are there any special "rules of the road" when riding the Tour de Guelph?

All riders must obey the Ontario Highway Traffic Act. Under that legislation, bicycles are considered vehicles and so the Act applies. This means that riders must stop at stop signs and stoplights. A rolling stop is not permitted. Failure to do so could result in a fine.

Because bicycles usually travel at a lower speed than a car or truck, there are two rules of the road to which cyclists must pay special attention:

1. slower traffic stays right
2. slower traffic must give way to faster traffic when safe and practical.

In Ontario there is not a specific section which prohibits riding two abreast but the provision dealing with slower traffic giving way to faster traffic would require a cyclist in a situation with traffic in both directions on a two lane road, to move to the right, preferably in single file, so as to allow the faster traffic to pass safely.

When passing other cyclists, always pass on the left and verbalize your intentions. (e.g. "Passing on your left" or "On your left").

Inform other riders of potential road hazards such as potholes, gravel, and debris.

Bike bell - all bicycles are required to have a bell or horn in good working order.

Helmets – In Ontario, every cyclist under age 18 must wear an approved bicycle helmet. Tour de Guelph requires all cyclists, adults and children, to wear an approved helmet.

Ontario has a great guide to safe cycling. Go to <http://www.mto.gov.on.ca/english/safety/bicycle-safety.shtml>

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Q: What else can we do in Guelph if we come for the weekend?

Check out the [Visit Guelph Wellington](#) page to learn about other events, dining, accommodations, shopping or activities to do in Guelph.

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Q: Do you have a Rider Safety Handbook?

Yes. It can be downloaded by clicking on the link below.

[Tour de Guelph Safety Manual](#)

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Q: Where can I get additional information?

Questions on registration can be sent to our Registrar at info@tourdeguelph.ca.

Questions on volunteering can be sent to our Volunteer Coordinator at volunteer@tourdeguelph.ca.

Questions on any other matters can be sent to info@tourdeguelph.ca.

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