

Technical Guide Greg's Cycle for Kids

Staffing:

- 1 – Start/Finish (not timed) to send riders in heats of no more than 10 every 10 minutes.
- 2 – Registration
- 6 – Aid Station Volunteers
- 1 – Sag wagon
- 2 – Police officers helping with riders on road

Format:

non-timed, cycle tour using GPS only
all rules of the road apply, no road closures or manned intersections
maximum of 95 riders per day per covid-19 protocols

Routes:

<https://www.strava.com/routes/2729437341369345072> = 160 km route

<https://www.strava.com/routes/2729438684013612080> = 100 km route

50 km route tba

Weather:

If thunderstorms are around we will not send riders out and will instruct riders to seek shelter in buildings.

Saturday, September 19

		distance	minimum donation
8:00 AM	10 max riders	100 mile	\$ 100.00
8:10 AM	10 max riders	100 mile	\$ 100.00
8:20 AM	10 max riders	100 mile	\$ 100.00
8:30 AM	10 max riders	100 mile	\$ 100.00
8:40 AM	10 max riders	100 mile	\$ 100.00
8:50 AM	10 max riders	100 mile	\$ 100.00
9:00 AM	10 max riders	100 mile	\$ 100.00
		100	
9:10 AM	10 max riders	kilometre	\$ 100.00
		100	
9:20 AM	10 max riders	kilometre	\$ 100.00

9:30 AM	10 max riders	100 kilometre	\$	100.00
9:40 AM	10 max riders	100 kilometre	\$	100.00
9:50 AM	10 max riders	100 kilometre	\$	100.00
10:00 AM	10 max riders	100 kilometre	\$	100.00

Sunday, September 20

		distance		minimum donation
8:00 AM	10 max riders	100 mile	\$	100.00
8:10 AM	10 max riders	100 mile	\$	100.00
8:20 AM	10 max riders	100 mile	\$	100.00
8:30 AM	10 max riders	100 mile	\$	100.00
8:40 AM	10 max riders	100 mile	\$	100.00
8:50 AM	10 max riders	100 kilometre	\$	100.00
9:00 AM	10 max riders	100 kilometre	\$	100.00
9:10 AM	10 max riders	100 kilometre	\$	100.00
9:20 AM	10 max riders	100 kilometre	\$	100.00
9:30 AM	10 max riders	100 kilometre	\$	100.00
9:40 AM	10 max riders	50 kilometre	\$	100.00
9:50 AM	10 max riders	50 kilometre	\$	100.00
10:00 AM	10 max riders	50 kiilometre	\$	100.00

Aid stations:

- 2 aid stations for 160 km course
- 1 aid station for 100 km course
- no aid stations for 50 km course



Heritage Park

Huge Parking

Washrooms/handwash - 1 per 25 people, PPE and hand sanitizer at registration, registration will wear masks



First Aid

Registration

Staging/Start

Sound and Announcer

Washrooms
Handwash

Finish

Country Heritage Park

The Montessori School in Milton

