

SOUTHWEST SUNDAY CYCLE FAQ

How do I sign up?

Registering online is strongly encouraged and greatly appreciated. Registration for the ride is capped at 200 participants. Online registration will be closed on Friday, June 10th. Day-of registrations will be accepted if space remains.

All participants are required to check-in before the ride, sign a consent form, and collect a wristband. Only participants with a wristband will be allowed to ride.

Can my child participate?

Small children can participate in bike seats, trailers or tag-a-long type bicycles, but they must pre-register to participate like all other riders. Older children may ride on their own if they are 12 years of age or more, can maintain a pace of 10km/hour for 18 km, and are accompanied by an adult. Parents/ Guardians will be required to sign a consent form on behalf of all participants under 18 years of age. This year we are also hosting a 3km Family Ride for the 6-12 year olds to have a chance to get on the road (with police escorted road closure).

Speaking of 'liability', is there a waiver to sign?

Before they register, parents/ guardians will be asked to sign an 'informed consent' stating that they understand and accept the risks associated with participating in this ride.

Are helmets required?

Yes, they are required by law in Nova Scotia for all ages of riders.

What if I fall behind?

The ride is perfect for people who are new to cycling or haven't ridden in a while, so the pace will be modest (most average people can ride quite a bit faster than our target pace of 10km/hour). A little bit of training prior to the event will give you some idea of the level of skill/ challenge involved. Also, we will take up to two short breaks throughout the ride to regroup if necessary. If you fall too far behind though, you may be on your own.

What if I have a mechanical breakdown?

There will be a Sweep Van, which follows the ride and can assist you with minor on the spot repairs. If you are completely broken down, the sweep van will take you and your bike back to the Emera Oval.

Can I ride a tandem? Is this 1 or 2 entries?

Of course you can ride a tandem, but both riders are required to register for the ride. This is a safety requirement of the ride.

I have registered but can no longer do the ride. Can I transfer my entry to someone else?

Just come with the name of the person who cannot make it, and you can take the spot.

What sort of bicycle do I need?

Any bike in good working condition will do. A bicycle with gears you know how to use will come in handy as hills are hard to avoid. All the roads on the route are paved. You also need a helmet.

What do I need to bring with me?

Bicycle helmets are mandatory in Nova Scotia. Besides that you should carry at least one full water bottle to keep yourself hydrated and possibly some snacks. You will need to dress appropriately for the weather: sunscreen, rain gear, etc. Ride is rain or shine. We strongly recommend that you also carry an emergency repair kit - tube, tire levers pump. There will be food vendors at the end of the ride at the Bike Expo, so you might want to bring some money with you.

Are the roads closed to traffic?

Not technically. Police will be escorting the ride and controlling traffic at intersections so that the group doesn't get split up at red lights and so that we can ride two or three abreast. You must stay between the lead and tail police vehicles to benefit from this 'rolling road closure'. There may also be normal vehicle traffic in other lanes when we are using multi-lane roadways and also traffic going in the other direction. If the group gets too dispersed, there may be nothing to stop vehicles entering our lane from side streets. That's why we don't want any young children riding alone. There will be two stops along the way to regroup if necessary.

Do I need to stay with the group?

Yes. Police will be escorting the ride and controlling traffic at intersections so that the group may remain together. You must stay between the lead and tail police vehicles to benefit from this 'rolling road closure'. Getting ahead or behind the police escort vehicles will cause confusion. You may need to leave the ride entirely if you do not try to stay with the group or fall too far behind.

Is this a race?

No.

Am I insured when I am on the ride?

Everyone rides at their own risk. You will sign a consent form disclosing all the known risks of participating in an event like this. You (or your parent/ guardian) must agree that you understand and accept these risks prior to participating. Not being physically active has its risks too but unfortunately no one will make you sign a consent form to stay on the couch and eat potato chips.

What if I have an accident?

First Aid responders with St. John's Ambulance have been invited on the ride.

What happens if it rains on the day?

This is spring in Halifax, so rain is a distinct possibility. The ride will happen rain or shine so dress appropriately for the weather. In the event of extreme weather, ride organizers reserve the right to cancel the ride by 8am Sunday morning.

What if I live, work, or travel along the route – will I be inconvenienced?

A little. There may be 200 riders travelling two or three abreast which means a pack anywhere from 200m to 500m long. Travelling at 10km/ hour means it will take the pack about 3 minutes to pass any point. Nothing in this world goes according to plan, so if we err on the side of caution, in the worst-case scenario, you may be delayed by 10 minutes. We are doing this ride on a Sunday morning, when the city is not that busy to minimize disruptions to traffic and

business.

I have another question. Who do I contact?

Benjamin Buckwold, Bicycle Nova Scotia, 880-7154, bbuckwold@bicycle.ns.ca

Route Description

Subject to Change.

Route departs from the Emera Oval at 9:00 am and will proceed northward via Maynard, Fuller and Isleville to the NSCC before heading back south via Agricola, Almon, Oxford, Jubilee, Vernon, University and Young Avenue to say "hello" to Point Pleasant Park. We'll then head back to the Oval via Tower Road, South Park and Bell Road.