

THE GREAT BUCKET LIST CYCLE

RIDE DAY – SUNDAY, AUGUST 28, 2022

7:30 AM	Participant Check-in Registration & Swag Pick Up (Centennial Grounds in Richards Landing on St. Joseph Island)
8:40 AM	Welcome Address from ARCH Hospice
9:00 AM	The Start for the 100, 70, 40 and 20 KM
12:00 TO 5:00 PM	Lunch & Free Prize Draws & Prizes <i>(please let us know ahead of any food restrictions)</i>
5:00 PM	Route Support Ends! Thank you for a wonderful year of riding!

Event Summary

Loot Bags

- All participants will receive complimentary Loot Bags.
- You will find a Freshii meal coupon, Maple Candies, a Gatorade, a Cliff Bar, a Dragonfly buff, a Water Bottle and a T-shirt for those that registered in time for the T-shirt promotion.
- Black Bear Café will be onsite at the event the morning of the ride providing Protein Balls for anyone that would like them for the ride.

Lunch:

- All riders receive a complimentary lunch provided by Copper Bean Café.
- The meal is pulled pork, coleslaw, and juice with a cookie.
- If you have a food restriction please let us know by Thursday, August 25, 2022, at noon.

Prizes

- The top 3 pledgers will receive a gift from OutSpoken Brewery.
- We will hold free prize draws that were donated by some fantastic supporters.
- Thank you for your support and for rewarding our cyclists for taking the challenge of cycling 20K, 40K, 70K, or 100K.
- You **must** be present to receive your Free Prize Draw.

Construction updates related to the Island

45 km of 548 Highway was resurfaced this year. The highway was swept last week so we are good to go with our original route. You may notice, that the newly resurfaced areas are a bit rough as it does take time to smoothen, but it is rideable with a road bike. Please use caution on the resurfaced portions.

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On-course Aid Stations close at 5:00 pm.

That means you are responsible for minor cycle repairs such as filling the air in your tires, changing your tires, etc., you are on your own to navigate safely and obey all rules of the road. We ***do not*** have a chase car this year. Our only bicycle support is at the first Angel Station. You can expect that can assist with changing a tube for your tire, if you have one, filling the air, adjusting brakes etc.

Use the Cell Phone number on your map to access or check in at an AID Station to express your need for support. We can assist anyone that feels they can not complete the ride with a ride back to Centennial Grounds.

Special Assistance

The Great Bucket List Cycle wants to include everyone capable of riding the course distance within the supported period (9:00 am – 5:00 pm). If you need ride support, please contact the Cell Phone provided on Race Day.

General Ride Info

- Please have respect for residents living along the course.
- If nature calls, find a discreet location, not the neighbours' bushes.
- Aid Stations all include a restroom located along the route.
- Angel Stations may not have a bathroom for use.
- If you feel that you cannot complete your full distance, be sensible, and turn around!
- The ride concludes where you started at the Centennial Grounds on St. Joseph Island.
- Lunch is included in your entry fee. Lunch will be served from 12:00 pm to 4:00 pm at the Centennial Grounds.
- Do not drink and ride or drink and drive.

Important Safety Information

- CPSC, ANSI or Snell-certified helmets must be worn when riding.
- All equipment should be in good working order. Remember, you will be travelling a fair distance (20, 40, 70, or 100KM).
- We recommend a tune-up before the cycle.
- Please consider bringing an extra tube for your bicycle just in case you need it.
- This is not a closed course: you are sharing the roadway with other vehicles. You must observe and obey the Ontario Highway Traffic Act at all times.
- Avoid the dreaded bonk. Take water or a sports drink and a small snack with you. As you fatigue, you need to rehydrate and refuel to function and think clearly. Take the time to stop at the aid stations for a rest and a visit.

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- Be aware of the dangers of intersections along the course, even if you do have the Right of Way.
- Stay as close to the right-hand side of the roadway as possible and do not ride more than two abreast.
- Slower-paced riders should keep to the right to allow faster-paced riders to pass on their left.
- Do not cross the yellow line on any road at any time.
- Be aware of your actions as they may compromise the safety of the other participants.

RIDER'S CORNER

Important things to remember:

- Riders are responsible for their safety.
- Helmets are mandatory.
- Riding in groups – Riding in a group helps riders save energy by creating a windbreak that allows them to do longer distances. However, riding in a group can also be more dangerous. Ride at least 12 to 18 inches away from the tire in front of you. Avoid overlapping your front wheel with the rear wheel of another. Try to keep a steady pace. Working together will keep everyone safe.
- Stopping – make sure you are off the road when finished.
- If you are dropped – anyone can be dropped for one reason or another. If you are dropped, relax, enjoy the scenery, and find a comfortable pace. If a group of riders slowly passes you from behind, try to join them if possible to help you save energy. Remember, this is not a race.
- If you get lost, call the phone number provided to you at Registration for direction and or assistance.

RIDER'S CORNER

Angel & AID Station Summary:

Angel Station at the Corner of A-Line and C Line:

- Minor Bicycle repair
- Lemonade and water

Angel Station at Kentvale Hardware:

- Bathroom only, this is about 1km off the main course

Jocelyn AID Station:

- Here are a couple of photos of the grounds. The first one is where the water/cookies and outhouses are. There is a circular driveway off the highway. The second shows the driveways the riders will probably want to use to access the water station. Just need to look out for the “Harvest Festival” sign and tractor/flower bed.
- Location: Municipal Office (#3670 5th Side Road)

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Angel Station at Adcock Gardens:

- Outhouses are available at this station for anyone that wants to use the facility.

AID Station at Fort St. Joseph:

- This is the ½ way mark of our 100km ride.
- You will find washrooms, Medical AID, bandages, ointments etc., along with snacks including; pickles, cliff bars, electrolytes, water, candy, and freezies.

ANGEL Station at Malar's Maple:

- Water is located at this station.
- This is your last water station before the Tilt'n Hilton.

AID Station at Tilt'n Hilton Steakhouse:

- This is the last AID Station for the 70k and 100k Riders.
- You will find washrooms, Medical AID, bandages, ointments etc., along with snacks including; pickles, cliff bars, electrolytes, water, candy, and freezies.

Angel Station at Black Bear Café

- You are almost at the finish line of the 70k and 100k!
- If you need a quick washroom break or water please stop here.

Finish Line:

- All routes for the 20k, 40k, 70k, and 100k are complete at the Centennial Grounds.
- Lunch is provided.

Thank you from all of us at ARCH Hospice!

Your support makes a difference to our community.

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THANK YOU FOR JOINING THE GREAT BUCKET LIST CYCLE!



REGISTRATION AT 7:30 AM | MEET AT RICHARD'S LANDING CENTENNIAL GROUNDS
CYCLE STARTS AT 9:00 AM | PRIZES, AFTER PARTY & MEAL FROM 12 PM TO 5 PM