



RIDE FOR WISHES!

**48 HOUR Bicycling Event in 2010 to benefit  
Make-A-Wish® Québec / Fais-Un-Vœu<sup>MD</sup> Québec  
Gilles-Villeneuve Circuit, September 17th – 19th 2010 at Jean-Drapeau Park**

## Rider's Registration Form

**NOTE: To be filled out and returned by email or by post ONLY.**

To register online (recommended) please visit: [www.makeawishqc.ca/48hourscycling](http://www.makeawishqc.ca/48hourscycling)

**Event Details :**

- Start : Friday September 17th at 12pm (noon), End : Sunday September 19th at 1pm
- Fundraising goal: \$3600 per team of six (\$600 per rider) \*the 10 teams who raised the most money will adopt a child wish! (Minimum \$8000)
- Lodging and Showers on site
- Gilles-Villeneuve Circuit , Jean-Drapeau Park (track is secure, well-lit and protected)
- At least one rider on the track at all times – It is not a race!

**Make-A-Wish® / Fais-Un-Vœu<sup>MD</sup>**

Our mission is to grant wishes to children in Quebec who struggle with a life-threatening illness. The Make-A-Wish® Foundation is the largest Wish granting foundation in the world. Since 1980, Make-A-Wish® has granted over 225 000 wishes around the world. A wish is granted every 41 minutes world-wide.

**I WILL CYCLE AND MY GOAL IS TO RAISE \$600 TO HELP GRANT WISHES!**

(We will supply you with the necessary forms and material to facilitate your success.)

Captain's name: \_\_\_\_\_ Name of Team: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal code: \_\_\_\_\_

Tel : \_\_\_\_\_ Email: \_\_\_\_\_

Company Name: \_\_\_\_\_

\*rain or shine

For any questions or for troubleshooting on how to register please contact:

**Chou No Tsai**

Administrative Coordinator

[quebecchapter@makeawish.ca](mailto:quebecchapter@makeawish.ca)

Make-A-Wish® Québec / Fais-Un-Vœu<sup>MD</sup> Québec

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Website: [www.makeawishqc.ca](http://www.makeawishqc.ca)

Website- 48 hour Ride for Wishes!: [www.makeawishqc.ca/48hourscycling](http://www.makeawishqc.ca/48hourscycling)

Our mission is granting wishes to create hope, strength and joy for children in Quebec who are struggling with a life threatening illness.

## General information and novelties this year

- The following bicycles (road, hybrid, mountain and cyclo-cross) are allowed, inasmuch as they are in a good state of repair. All other types of bicycles or means of locomotion are disallowed.
- Children's bike trailers and seats attached to the rear of bicycles are not allowed during the event. Animals are prohibited from circulating on the track.
- Children aged 15 and over may participate in the 48-Hour Ride.
- Racing bibs and silicon chips shall be handed to the team captains the day of the event.
- Wearing of a rigid, standard-compliant helmet is mandatory for all participants. I wear my helmet at all times.
- A team jersey (shirt of the same color) is mandatory for the event. This jersey may be purchased in a store at the team's discretion or simply be identified in the team's colors. Each team is responsible for obtaining its own jersey.

## Before the event

- I wear my helmet at all times during the warm-up period.
- I make sure that my bicycle is in good running order.
- I put on my racing bib and the designated cyclist grabs the silicon chip.
- I enquire about the event's general and specific rules.

## During the event

- Team members may assist their team-mate wearing the silicon chip do more laps by acting as "wind-breakers". In order to avoid an accident, the silicon chip may only be transferred in the starting area outside the finish line which is a protected area. More than one team member at a time may pedal on the track. However, only the wearer of the chip is monitored for the number of laps achieved.
- I always behave in a sportsmanlike fashion and respect the other participants.
- In case of a flat tire on the track, I raise my arm to signal that I'm about to slow down, I let the pack through and I stop on the right-hand side of the roadway.
- I do not let go completely of my handlebar when feeding myself and I do not throw anything on the track.
- When cycling as part of a pack, I always signal any last-second obstacles and avoid swerving suddenly.
- The left-hand lane is intended for the lead pack and for overtaking. It must be free at all times.

## After the event

- Once the event is over, I never cross the finish line a second time, whether in one direction or the other.
- I do not bother the stewards to learn my results more quickly; I let them do their job unhindered.
- I consult the results as soon as they are posted.