The Healing Cycle 2019 FAQ’s

**What is the Healing Cycle Ride?**

The Healing Cycle ride is an opportunity for Hospices and those that support them come together and raise money by cycling, walking or running 10km, 25km, 50km, or 100km routes. Hospice palliative teams are eligible to 85% of the funds raised to be directed to their organization. The other 15% will be used to cover administrative costs.

**What is our ongoing goal?**

Our aim is to support hospice palliative care programs that compassionately uphold the quality of end-of-life care and foster the vision that palliative individuals can live every day to the fullest with dignity, meaning and hope.

**How much has the Healing Cycle contributed over the last 14 years?**

The Healing Cycle has raised over $2.8 Million for 80+ hospices, palliative care units and similar health care organizations. Through the outreach initiatives of our Foundation, we support accessibility of hospice palliative care services with the hope that one day it will be made available to all Canadians travelling the end-of-life journey.

**How do I register for the ride?**

All teams must designate a team captain. This member starts the registration process by setting up a team page by following the web prompts. After the captain has been registered, their teammates can now search for their name and join their team.

**What are the responsibilities of the team captain?**

Team captains customize the team page, recruit team members, motivate them to raise funds, and schedule team member ride times on event day. Want to go the extra mile? Create your own team t-shirts or organize a team fundraising activity! Team captains will also be the main point of contact for the Healing Cycle Foundation.

**Is there a limit to the number of riders you can have on a team?**

No.

**Is there a cost to register?**

Yes. There is a $50.00 registration fee which can be directed towards your overall fundraising goal. Children can register for $25.00.

**Is there a fundraising minimum?**

Yes. Each distance has a fundraising minimum. They are as follows:

10KM: $150

25KM: $300

50KM: $500

100KM: $700

Please note, anyone who has not reached their minimum fundraising goal before September 14th will be asked to provide the difference on race day.

**How much of my donation is directed to hospices and palliative care units?**

85% of fund raised are directed to hospices and palliative care units. The remaining 15% is used to covers the costs of the ride and administrative fees.

**How can my network contribute to my individual fundraising goal?**

Every individual will have access to their own fundraising page that will be customizable. Donations can be collected online or through cash and cheque with pledge forms that are available on the Healing Cycle website.

**What do I do if I have any problems logging onto my team page or my individual fundraising page?**

Please contact Jane Hilder at [jane@thehealingcycle.ca](mailto:jane@thehealingcycle.ca) for any issues with signing in or fundraising.

**I’m not a strong cycler- how can I participate?**

This year, we are opening up a 5KM and 10KM routes to have walkers and runners participate alongside our cyclers and be members of a team with the same fundraising goals.

Not able to make it on September 15th but still want to participate? Check out our proxy rider option while registering.

The Healing Cycle Ride requires volunteers on the day of in order to be successful. Please reach out to Rob Jessup Ramsay at [robert@thehealingcycle.ca](mailto:robert@thehealingcycle.ca).

**Will the routes have closures and road support?**

Yes. With partnerships with the Peel Police, St John’s Ambulance as well as motorcycle support, all riders will have a full wrap around support throughout all rest stops and ride routes.

**Will there be timing chips for the riders?**

Yes. Riders will be able to track and compare their finish times with members of their team as well as similar aged participants. These results will be made public following the ride.

**Does the Healing Cycle Foundation provide bikes for the ride?**

No. Riders are expected to bring their own bikes and required supplies for the ride. A bike mechanic will be available on site for small tune ups prior to the ride.

**Have more questions? Feel free to reach out to us by email at jane@thehealingcycle.ca**