

## **ROOKIE RIDER = A CYCLIST PARTICIPATING IN CYCLE FOR LIFE FOR THE FIRST TIME**



Whether you're a veteran cyclist or you're new to the sport, if you're new to the CF Cycle for Life we want to ensure your first experience is the best it can be. This page is dedicated to making this happen.

Check out the resources and links below that help you connect with fellow cyclists, provide more information on CF Cycle for Life, and help you prepare for the ride. If you have any questions or needs, please do not hesitate to contact Phil Santos-Higgins at [psantoshiggins@cff.org](mailto:psantoshiggins@cff.org) for more information.

### **RIDER BIB**

You will need to fill out your emergency information on the back of your rider bib and wear it during the ride. Bibs are given out at registration. Top fundraisers receive gold bibs to acknowledge their achievement.



### **FUNDRAISING**

Don't let the \$250 fundraising minimum (in addition to the registration fee) intimidate you. It's not hard to get there, and we're here to help you along the way. Once you start telling people why you are riding and where their money goes, you will be surprised at how giving they can be. Set a goal and let our fundraising resources help you get there.

### **ON-COURSE RIDER SERVICES**

CF Cycle for Life is fully supported. There will be rest stops every 10 to 12 miles and vehicles equipped with first aid and mechanical support will be on the route at all times. If you need assistance, let a volunteer know and they will find someone to help you.

### **JOIN A TEAM**

Being part of a team for CF Cycle for Life is a great way to build camaraderie with people who share your interest in cycling and a desire to create a world free of CF. Plus, it makes the ride even more fun!

### **ADDITIONAL TIPS**

Here's what you need to know to have fun and stay safe on your first CF Cycle for Life.

Train in a group (learn how to ride in a crowd)

Don't wait to begin fundraising

Start training now and ride regularly

Set realistic goals and keep track of your mileage

Stay hydrated by drinking before you become thirsty

Wear padded shorts and gloves

### **CF CYCLE FOR LIFE STAFF**

Our staff is here to answer any questions you may have. Feel free to contact us. 508-655-6000 or 401-662-1925 email: Phil at [psantoshiggins@cff.org](mailto:psantoshiggins@cff.org)