

# WHAT'S IN A NAME: ROOKIE RIDER

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

**But I've been cycling for years, am I a Rookie Rider? Yes!**

Whether you're a veteran cyclist or you're new to the sport, you are new to the CF Cycle for Life and 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 weekend.

If you have any questions or needs, please do not hesitate to contact [Liz Bernstein](#) 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.

## **FUNDRAISING**

Don't let the **\$150 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 each day 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 weekend of the ride even more fun! [Click here to choose a local team](#) or [start your own team](#).

## **FACEBOOK**

The [Northern California Cystic Fibrosis Facebook page](#) allows you to virtually network with other cyclists, providing instant access to discuss questions about the route, fundraising, training, ride preparation and more. Plus, receive important updates and reminders throughout the season.

## **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.](#)