

Ride for the Gate

Rules

1. Everyone must wear a helmet to ride.
2. Please ride in single file, especially on bridges.
3. Be aware of others on the path, such as walkers, strollers, dogs.
4. Please follow instructions of the route guides. You must get off and walk in certain areas, due to past accidents ie on the metal bridge and the first steep hill leading to the path.
5. You must sign a waiver form and pay your registration fee in order to ride.
6. Please do not throw any garbage on the trail. There will be garbage bins at each refreshment stop.

General Information

Washrooms: there will be three washrooms available

1. In the community centre
2. At Lakeview park – will have to go there from the mapped trail
3. At Whitby Heydonshore Park

Bicyclists will be sent off first and walkers last, for safety reasons.

Lunch starts around 11:00 but we will serve coffee and juice and sweets for those who arrive back early.

Tax receipts will be given out to anyone who donates \$20 or more. Please make sure they print their name and address clearly on the sponsor sheets.

We will have nurses at stations along the trail in case of any concerns. Make sure you keep track of where you are on the trail and have a cell phone available with the phone number you will be given.