

# SPIN FOR A VETERAN



JUNE 1 & 2 2019



## Spin for a Veteran: Event Manual

On behalf of the Homes for Heroes Foundation, I'd like to welcome you to the inaugural 24 hours Spin for a Veteran event in Edmonton!

As this event gains more exposure the intention is for it to grow every year and thus our support to homeless veterans will increase. The Homes for Heroes Foundation's aim is to provide affordable Canadian military veterans experiencing homelessness. The foundations mandate is to provide, to those who have served in the Canadian Armed Forces, housing and the framework needed to ensure a successful transition into civilian life.

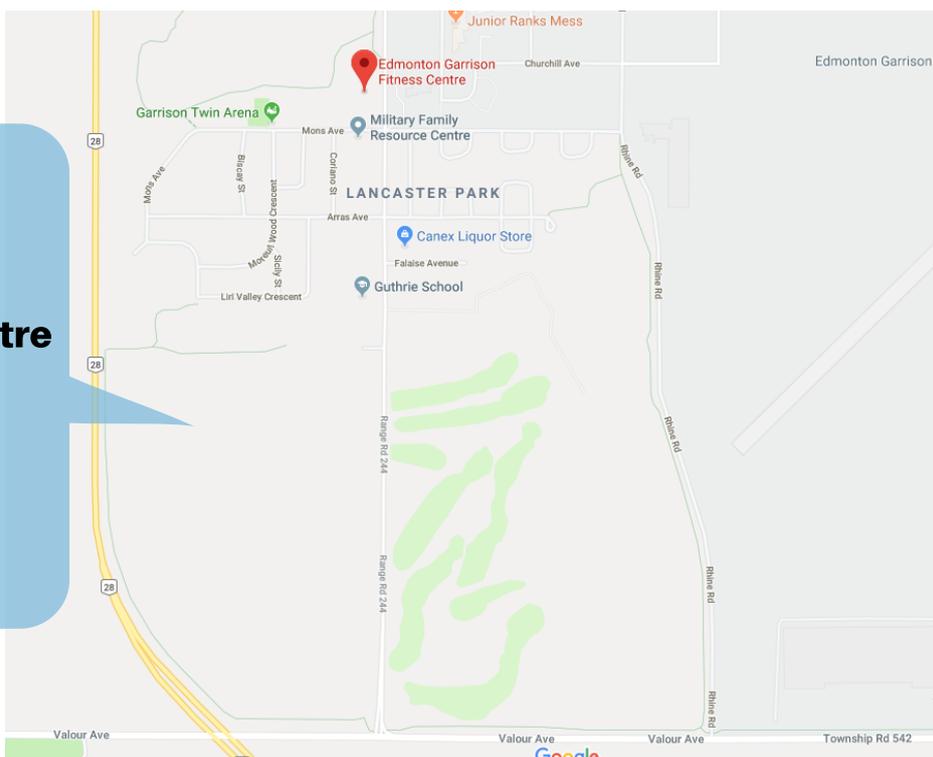
Your hard work fundraising for this event will support the Home for Heroes Foundations initiatives in Edmonton -- job well done to everyone!



### LOCATION

**Edmonton Garrison Fitness Centre**

**185 Hwy 28A, Lancaster Park,  
AB, T0A 2H0**



### Event Key Contacts:

Nichol Turner/ Event Manager: 403-383-4020  
Georgie Fisher/ Event Manager: 403-689-9936



# Schedule

Saturday, June 1st, 2019

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**11:30am - 12:45pm: Check-in**

**NOON: Team captain briefing (5 minutes)**



**Noon - 12:30pm: Team carb loading pizza lunch**  
*Thank you Boston Pizza!*

**12:45pm: Access allowed to team bikes**  
**(bike familiarization)**



**1:00pm: EVENT START!**

Sunday, June 2nd, 2019

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**10:00am: All donations are due by this time**

**1:00pm: EVENT ENDS!**



**1:10pm: Presentations/ Awards**  
*Top 2 individual fundraisers/ Top fundraising team/  
Team that rode the longest distance*

- Participants will be allowed to come and go as needed for the entire 24hrs of the event.
- Complimentary massage therapy will also be available onsite. Their schedule will be posted on event days.

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## Competition Format

- The event will take place in the middle gymnasium in the Garrison Fitness Centre – see layout
- Each team will be allocated a stationary bike, indicated with your team sign.
- The race will begin at 1pm on Saturday, June 1 with the sound of an Air Horn; simultaneously the Official Race Clock will begin.
- 24 hours later the race will be conclude with the sound of an Air Horn.
- Team's Capt are responsible for ensuring that someone is on the bike at all times.

## Rider Transition

- The only time lag where a rider won't be riding on the bike is with each rider transition. Riders will only be given the reset time allowed (approx 45 sec - 1 minute) to transition to new riders. Bikes will indicate "**SLEEP**", which means they have reset and a new distance will begin.
- The total distance biked will be recorded by the rider getting off the bike and then presented to the Race Control Table and the team distance will be updated with every new rider.



**Total distance**

## Bike Information

**LK700IC** indoor cycle

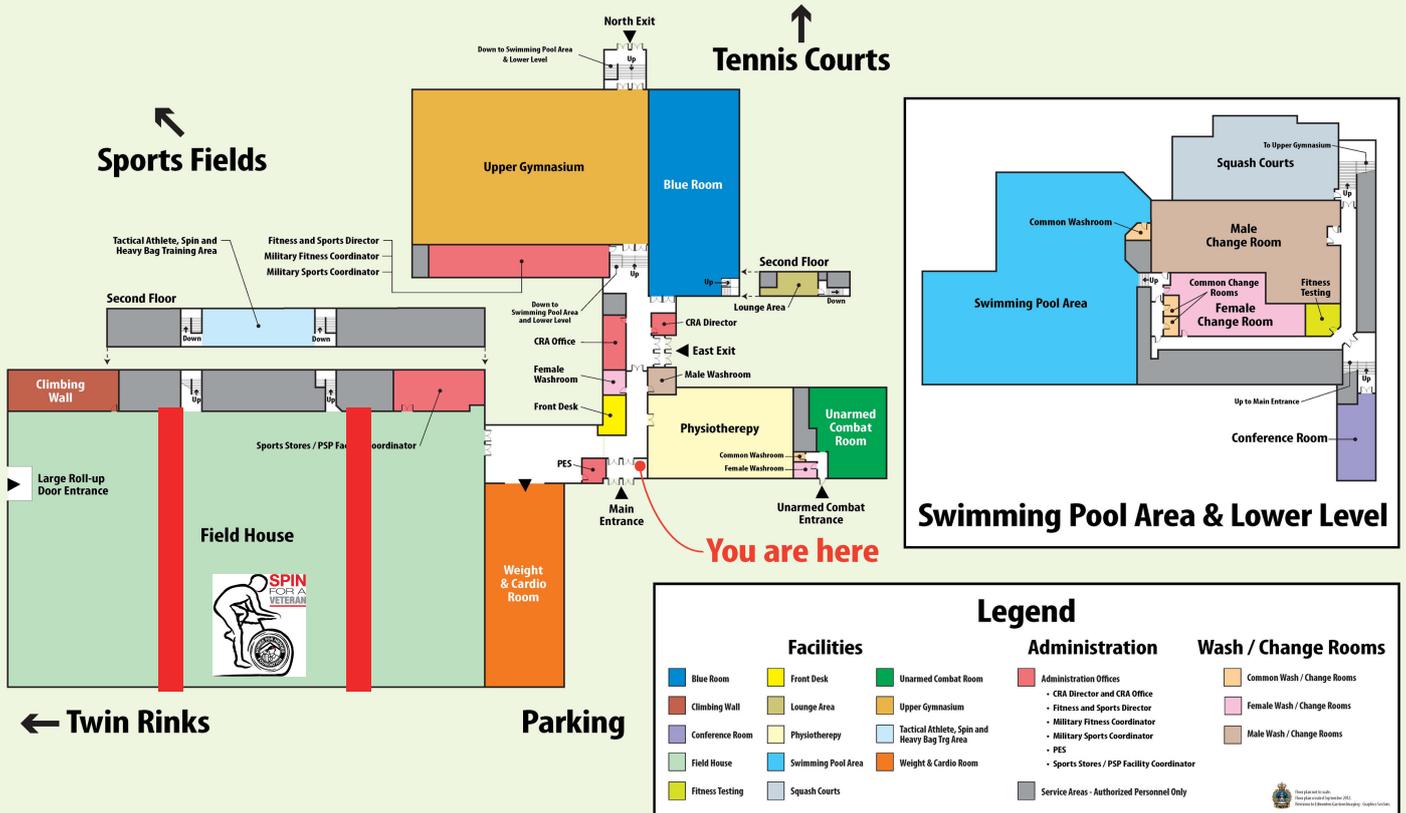


- Frictionless magnetic resistance improves durability while providing an ultra-quiet workout
- 50lb Flywheel Weight equivalency through large the Drive Gear provides smooth and consistent momentum for a true road bike feel.
- Motivational performance console displays Resistance Level, RPM, Pulse Rate (when wearing chest strap, not included), Calories, Watts, Distance, Time, Clock
- Polar® wireless HR compatible. Use a Polar heart rate chest strap (not included) to readout your HR on the display console
- Dual sided SPD® compatible pedals with Toe Cage allow workout with cycling cleats or sneakers
- The Calibrated Resistance Lever has detents to give tactile feel when changing levels and is also tied to the console that conveniently shows the user which resistance level they are using
- Fore/aft seat slider and racing style handlebars to accommodate any body type
- Micro Adjust Up/Down Gel seat and racing style handlebars to accommodate any body type for easy size adjustment
- Durable, non-slip pads on the front and rear stabilizer allow for pre-workout calf stretches, even in SPD cleated shoes, without marring the finish of the bike
- Chrome Seat Post and Handlebar Post with a Front Fender for extreme corrosion resistance



# Venue

## MILITARY FITNESS CENTRE



### INFORMATION:

Parking is available anywhere in the parking lot outside of the Garrison Fitness Centre, unless otherwise marked, "reserved".

In case of an emergency, exit the main entrance doors and proceed to the left of the building, towards the "muster point sign" on the grassy hill area.

Showers will be available during the 24 hour event on the Lower Level (see map).

Day lockers are available in the hallway and also in the gymnasium area.

**DON'T FORGET TO BRING:** a towel, lock (for locker), water bottle (water fountain on site), snacks.

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