



B.I.G. Training Rides moved to 2021

TO OUR B.I.G. COMMUNITY,

As a result of the ongoing COVID-19 pandemic and social distancing requirements still in effect in Ontario we have made the difficult decision to cancel the Bluewater International Granfondo Monday and Wednesday Night Rides for 2020. We know this is disappointing news, but it is simply not possible to hold group training rides at this time while ensuring the safety of the participants and our community. However, we are very pleased to announce that next year's Monday Night Rides will start on May 10th 2021, and Wednesday Night Rides will start on May 12th 2021. We hope you will join us for next year's B.I.G. training rides, and with that in mind, we will automatically defer your registration for this year to 2021.

CYCLING POSITIVES DURING COVID-19

Don't let the pandemic prevent you from reaching your training goals! We've put our heads together and come up with some fun B.I.G. cycling ideas to help you stay positive and healthy. Check out [BIG Training](#) under Training Zone on the bigf.ca website where you will find:

- 12 weekly training programs for both Novice and Experienced riders;
- Training routes specific to your skill level (or for those familiar with our training rides, your coffee or tea group);
- A special challenge where you can win prizes from companies such as [Cowbell Brewing Co](#), [Red&Co](#), [Blackwell Cycle](#) and [Skratch](#) !
- Directions how to join the [BIG Strava Club](#) add/follow your friends, track your training.

In the next week we will announce details regarding an 8 part B.I.G. cycling training series presented on Zoom.

THE UPSIDE OF RIDING SOLO

We realize that for many in the B.I.G. community the idea of riding solo without group banter or cake and coffee stops sounds like a drag, but there *are* some upsides to solo cycling: YOU get to set the start time, the pace, and the route... and, if you decide to cut it short or add some extra distance, there won't be any arguments. Riding alone with the sounds of nature and your own thoughts can be meditative and mentally invigorating. It provides time to clear your head and think. And best of all, you can't get dropped!

The odds of a puncture or mechanical failure are low if you keep your bike well-maintained, but always remember to bring a repair kit and your cell phone, especially when cycling alone. If you are a CAA member, be sure to bring your membership card: CAA Bike Assist is available 24/7 and it's included for all CAA members in Ontario.

OPTIONS FOR 2020 TRAINING RIDE REGISTRANTS

We have automatically moved all 2020 Monday Night Ride and Wednesday Night Ride registration to 2021 for free. If you plan to take part next year, you DO NOT need to take any further action at this time. If you are unable or do not wish to take part in the 2021 B.I.G. training rides, you have the following options:

Option 1 – Donate your registration to one of the two charities we support, St Joseph's Hospice or Bluewater Health Foundation. You will receive a tax receipt for your donation. Your ongoing support for palliative care education, front line palliative care workers at Bluewater Health and St. Joseph's Hospice, and nurses and support workers throughout our community is greatly appreciated.

Option 2 – Receive a refund, no questions asked. We understand, and we hope that when things get better, we'll see you back at our Monday and Wednesday Night Rides (and of course, at the Bluewater International Granfondo itself).

Please note that refunds and donations exclude processing fees paid to Race Roster at the time of registration.

The final date to make your selection is Sunday, May 31st, 2020. Any registered participants who have not made a selection by this date will automatically have their registration transferred to 2021.

If you require additional information please check our website bigf.ca or email our team at info@bigf.ca

Thank you once again for your participation, support, and understanding,

The Bluewater International Granfondo Committee.