

## Checking in with our B.I.G. Community -

Following up on our email sent to you on May 29<sup>th</sup> where we outlined our plans for the 2021 Bluewater Granfondo...we have more to share with you on “how and where to participate” this year.

First – let me start with a Thank You for joining us again this year to enjoy and grow cycling in the area and continue to make meaningful contributions to our Palliative Care Education and St. Joseph’s Hospice for Sarnia-Lambton.

Let’s dive right in.

To make this year’s event virtual, instead of getting together in-person on the day of the event, we will “get together” online through a free social cycling (and running) platform called Strava. To make this year’s Granfondo virtual we’ll need ALL participants to record their Grandfondo Ride during our Virtual Participation Week July 26 -August 1st. You can record your Ride using Strava on your smartphone – or your bike computer (if you have one that can record your ride and upload to Strava).

If you’re new to riding and haven’t recorded your rides before, using your smartphone by downloading the Strava App is the simplest way to participate in this year’s Granfondo.

Here’s a short video on how to get started with Strava. <https://youtu.be/ymcX3iKlwkg>

And here are step-by-step written instructions on how you can get started with Strava. <https://bigf.ca/recording-your-ride/>

Once you’ve loaded the app and created an account, please a) Find, and b) Join the Bluewater International Granfondo Club on Strava – and you’ll see many other riders who have joined this year’s Virtual Ride already.

Join the Club - our Bluewater International Granfondo Club on Strava at this link <https://www.strava.com/clubs/BIGF>

The Details.

**When** – ride the Distance / Route you registered for any time during the period starting Monday July 26<sup>th</sup> and ending Sunday August 1<sup>st</sup>.

**Where** – If you are riding in Lambton County check out the B.I.G. website under THE RIDES for a Route Maps that covers all 4 distances and use the one you signed up for to help guide you during your ride. If riding one of the B.I.G. routes is not convenient then please pick a similar distance to what you signed up for closer to your home and record your ride on Strava using our Bluewater International Granfondo Club link shown above. This year the routes are “self-guided”. You are responsible for your own directions and for your own **food and hydration** – so take a map with you. For more sophisticated riders with recordable bike computers, you can also download the Route Map in “GPX form”.

What Happens After You Ride?

- Make sure you hit “SAVE” after you’ve finished your ride. 😊

- Your ride is recorded on your Strava account and will show up in the B.I.G. Group on Strava. The B.I.G. Committee will verify completion of the route and you'll be eligible for participation awards and prizes.
- You'll also be able to check your friend's progress and results on the Strava BIGF Club site.  
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Stay tuned for our next update regarding Timed Section and details on where to pick up your B.I.G. Jersey & Cycling Package.

**Any questions contact [info@bigf.ca](mailto:info@bigf.ca)**