**VICTORIA GRANDMOTHERS FOR AFRICA**

**275 km Campbell River to Victoria Ride**

**SEPTEMBER 8-10, 2023**

Thank you for your interest in the 15th Victoria Grandmothers for Africa Cycling Fundraiser and the ride which begins in **Campbell River on September 8th and arrives in Victoria on September 10th.** This is a regional event, supported by many grandmother groups along the way.

The route of this three-day ride follows the coastline south and spends as little time as possible on roads with heavy traffic. Each day is divided into 25km to 30km sections with stops for meals and snacks. The longest day is over 100 km, and the total three-day distance is approximately 275 km. Support vehicles accompany the ride to transport personal overnight bags and provide support to riders as needed. We have an official sweep who rides at the back and gives assistance and support to the cyclists.

We stay overnight in motels in Campbell River, Qualicum Beach and Chemainus. Grandmother groups provide many meals and snacks for which the cyclists pay a prearranged price. Restaurants provide the rest of the meals. Cyclists pay all costs of the ride. This year the cost of the Mill Bay ferry, accommodation, and all meals and snacks are included in the registration fee of $405.00. (If you wish to invite a friend to join you at the send-off dinner in Campbell River on September 7th please let us know in advance. The cost will be $17.)

During the ride, we cycle in small but compact groups and our identical jerseys make a striking sight as we pedal along our route. Cyclists who do not already have team jerseys can purchase one for an additional fee of approximately $85. If this cost is a hardship, one may be able to borrow a jersey from a rider of a previous year.

To cycle 275 km in three days, cyclists need to be fit and ready. During the ride, we cycle at an average of approximately 20 km per hour. If you can prepare yourself with us in Victoria; we train once a week in ever-increasing distances and difficulty of terrain; cyclists are also expected to cycle at least two days a week on their own. The pace and distance of the training rides will be designed to assist new riders to gradually achieve the stamina necessary for their ride. Registrants from outside Victoria may receive the weekly workouts upon request. In this way you can train under similar conditions in your home community.

Weekly training rides in the Greater Victoria area are held on Monday mornings. They began on April 10thth. If you are not already on the list for meeting times and locations, contact Cynthia Cosulich at: [vg4acycleregistrar@gmail.com](mailto:vg4acycleregistrar@gmail.com). Each rider’s bike needs to be tuned and ready; equipped with taillight, headlight, mirror and odometer.

**You are responsible for getting to Campbell River with your bicycle for the start of the event.** We encourage participants to work together to organize carpooling and bike transportation. Group transportation is being investigated and will be provided at $100/person if 14 people request. Individuals need to arrive in Campbell River by mid-afternoon of September 7th in time for orientation and dinner.

Registration priority will be given to members of VG4A and members of other grandmother groups. Once your application is accepted you will be notified by email. Information will be sent out about setting up a personal online fundraising page with the Stephen Lewis Foundation.

Thank you for your interest. We look forward to sharing this event with you!