Thank you for your participation in the ride. You are making a difference in helping to fuel innovative cancer early detection research at the Canary Foundation. The following guide contains important details regarding Pre-Event logistics, Ride Day logistics, and the fun events that follow.

Ride Start Times:

- **100 Miles**
  - Start Time: 6:00am-7:30am
  - Route Closes: 5pm
  - 12.5mph minimum pace

- **75 Miles**
  - Start Time: 6:30am-9:00am
  - Route Closes: 5pm
  - 10mph minimum pace

- **50 Miles**
  - Start Time: 6:30am-9:00am
  - Route Closes: 5pm
  - 9mph minimum pace

- **50 KM**
  - Start Time: 9:00am-11:00am
  - Route Closes: 5pm
  - 6mph minimum pace

- **5 KM**
  - Start Time: 9:00am-11:00am
  - Route Closes: 5pm

Route Maps:
Under the Ride Info tab on the main Canary Challenge Page

All riders may start as early as 6am. We recommend that 100 Mile riders start as early as possible.

Emergency Numbers:
- Ride Emergency Number: 650-460-9675

Start/Finish Location:
- HP Headquarters
  - 3000 Hanover St.
  - Palo Alto, CA 94304

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**2015 Canary Challenge Participant Guide**

6:00am Breakfast and check-in begins
6:00am Routes open
10:00am Bike Valet opens
11:30am Vendor booths open:
  - Massages
  - Photo booth
  - Kid Zone
Lunch begins
5:00pm Lunch ends
Routes close
Entertainment ends
Village closes
**Pre-Event**

**Check-In**
Pre-event check-in for all riders will be available at the Canary Foundation in Palo Alto on the Tuesday and Thursday before the event. However, we encourage all riders to pick up their registration packets beforehand for a smooth start to the ride on Saturday.

Registration packet includes:
- Assigned Bib number
- Route map and color coded route wrist band
- Fundraising incentive prizes that you have earned

Packet pick-up times:
- Tuesday, September 22nd: 12:00pm-2:00pm
- Thursday, September 24th: 12:00pm-2:00pm and 4:00pm-6:00pm

Canary Center at Stanford
3155 Porter Dr.
Palo Alto, CA 94304

If you plan to pick up a registration packet for another rider, please ensure the rider meets the following qualifications:
1. Rider has met $400 fundraising requirement
2. Rider has signed the Ride Waiver

**Please inform us if you are picking up a packet for another rider so we can have it ready for you.**

**Minimum Fundraising:**
Remember, there is a $400 minimum fundraising requirement to participate in the ride. We encourage all participants to raise this amount or more before the event by fundraising online. If you have checks, please make them out to the “Canary Foundation” and mail check donations to us at:

Canary Center at Stanford
3155 Porter Drive,
Palo Alto, CA 94304.

Please bring any additional donations to the event on Saturday.
If you’ve been unable to reach the minimum $400, you may settle the difference when you check-in day of the event with a check or a credit card.
Event Day

Event Day Check-In:
Event day check-in will be available at the HP Village beginning at 6:00AM. We encourage the long course riders to arrive early. Check-in will be at the pre-ride check-in tents to your left when coming down the steps or just past the Finish Line sign to the left.

• What to Bring
Dress in layers – especially on the long rides! Expect different weather on the coast than in Palo Alto. Remember to bring proper personal and medical identification, as well as any miscellaneous items you may need during the ride. Also, remember to wear your RoadID bracelet! Helmets are required. **No rider will be able to participate without a helmet.**

Please note if you choose to start before 7:00am, you must have a light on your bike. **To ensure rider safety, all participants are required to be off the course by 5PM.**

• Event Day Parking:
Limited, free parking will be available directly next to the HP Village. Please follow signs to the correct parking lot. VIP parking will be provided for the Top Fundraisers.

• Breakfast:
A continental breakfast, oatmeal bar, and burrito bar will be provided at the Village from 6:00am-10:00am.

• Rest Stops:
There will be a total of **5 rest stops** along the routes serving gourmet snacks and drinks to refill and refuel you. Refer to the route map for their locations.

• Emergency/First Aid:
Rolling SAG and medical support will be provided on all routes. Medical support will also be provided at HP at the Village Doctor booth.

Download the **Canary Challenge App** to contact us directly or call the phone below.

**Phone number: 650-460-9675**

• Bathrooms:
Portable toilets will be available at the HP Village and each
Rest Stop.

- **Lunch:**
  Lunch at the Village begins at 11:30am and ends at 5pm. Each participant must check-in at the post-ride ticket tent when they return to pick up their lunch tickets and gift bag. You will be given 2 complimentary lunch tickets – for the food trucks of your choice. The food trucks will serve sandwiches from Chairman Bao’s and Bacon & Bacon, empanadas from El Sur, and pizza from Oak & Rye. Additional lunches are available for spectators at $10 for 2 tickets and can be purchased at the lunch ticket booth. Credit card, cash, and checks are accepted.

- **Kids Events:**
  There will be a kid-zone with face painting, a bounce house, a balloon twister, and candy from the Sugar Shack. The kid-zone is open from 11:30am – 5pm.

- **Bike Valet:**
  The Silicon Valley Bike Coalition will provide complimentary Bike Valet in the Village. The bike valet is located behind the check-in area. The valet opens at 10am.

- **Party at the HP Village:**
  Make sure to stick around after the ride because the fun has just begun! Have your family and friends meet you for festivities at the HP Village. Enjoy delicious food and live entertainment as we welcome riders back from their routes. It’s free to enter the village, so please invite your family and friends, who can purchase lunch tickets. There will be plenty of food, drinks, activities, and fun for everyone.

- **Team Challenge:**
  Teams will have until **midnight on Wednesday, September 23rd, 2015** to have their donations count in the competition.

  Within each classification—corporate, Stanford and family & friends—there will be two team awards.

  - Highest total dollar amount raised by a team
  - Highest average dollar amount raised per rider

On Saturday the 26th at the post-ride party in Woodside, the individuals and teams that have raised the most charitable donations will be recognized as the winner of our Team Challenge awards.
Safety Rules:
Remember: It’s a ride not a race!
- Wear a helmet at all times – NO EXCEPTIONS
- Carry your ID and relevant medical information
- No headphones or speakers
- Rules of the road apply, including stop signs. Stop and put one foot down at each stop sign.
- Ride single file. Ride a maximum of two abreast when conditions allow. Do not impede traffic.
- Ride as far right as reasonable
- Obey all traffic lights, signs, and regulations
- Pass on the left only, and announce “passing” or “on your left”
- Use hand signals to indicate road hazards, stopping, slowing, directional changes
- Prepare properly in terms of nutrition, hydration, and training for the route
- Respect other riders, staff, volunteers, communities, drivers, and roads

Social Media:
Tag your Facebook, Twitter, and Instagram posts with #CanaryChallenge and #WhyIRideCanary and tell us why you choose the Canary Challenge.

Fundraising Incentives:

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<th>Donations Reached</th>
<th>Gift Bag</th>
<th>Jersey</th>
<th>Shorts</th>
<th>Saturday Night Party</th>
<th>Friday VIP Ride &amp; Lunch</th>
<th>Windbreaker</th>
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If you think you have qualified for any of these events, please email Jesse Murillo at jesse@canaryfoundation.org.

Ride Details: Things to Know Before You Ride

SAG Wagons: SAG stands for support and gear. These vehicles, kindly provided by Magnussen Lexus, will be designated with magnetic signs. Their purpose is to patrol the routes and assist riders who need help, whether you’re broken down, injured, or too tired to continue.

Mechanical Support: Mechanics at the start line, provided by Beeline Bikes, will be available for safety checks and last minute adjustments. Traveling Mechanics will have basic supplies for simple repairs. We recommend that you have basic repair items such as a new tube or patch kit, pump, and multi-tool with you.

Medical Volunteers: These are valuable and talented volunteers selected on their ability to assist riders in crisis situations. Medical volunteers will be in the SAG wagons and at each rest stop.

Directional Signage: Directional signage will be alongside the road. Each turn will be preceded by a road marker and will be followed by a confirmation road marker to reassure riders that you made the correct turn. Each route has a designated color.
Frequently Asked Questions

Q: Can friends and family come to the village to celebrate?
A: Yes! Friends and family members are welcome to join you at the finish line and celebrate at the village. There will be food, vendors, a kid-zone, and music.

Q: What if it rains?
A: The Canary Challenge will happen rain or shine. Pack your rain gear, and ride on!

Q: What is the Canary Challenge emergency number?
A: Download the Canary Challenge App to contact us directly or call the phone below.
Phone number: 650-460-9675

Q: Where do I turn in check donations?
A: You may mail or drop off checks to the Canary Foundation at 3155 Porter Drive, Palo Alto, CA during normal business hours.

Q: Where do I turn in matching forms?
A: You can mail them to:
Canary Foundation
3155 Porter Drive,
Palo Alto, CA 94304

Q: What do I do if I want to change my route on the day of the ride?
A: No need to tell us, just ride the route of your choice. Be sure to follow the correct colors for your selected route!

100 Miles: Pink
75 Miles: Green
50 Miles: Blue
50 KM: Orange
5 KM: Purple

Allow yourself enough time to complete the ride, before the route closes. The village closes at 5pm.

Q: Whom do I contact for general ride questions?
A: Email us at challenge@canaryfoundation.org
START/FINISH: Palo Alto, CA

ROUTES:
- CANARY CRUISER 5 KM
- CANARY METRIC HALF CENTURY 50 KM
  Climb: 1,561 ft.
- CANARY HALF CENTURY 50 MI
  Climb: 2,015 ft.
- CANARY 3/4 CENTURY 75 MI
  Climb: 6,754 ft.
- CANARY CENTURY 100 MI
  Climb: 8,544 ft.

DISTANCE INDICATORS ARE SHOWN IN MILES

REST STOPS: