



FAQs

1. How much does it cost to register for the Minds Over Mountains Cycle Tour?

There is a \$500 non-refundable registration fee in order to register as a participant in the Minds Over Mountains Cycle Tour.

2. How much do I need to fundraise?

Each participant is required to raise a minimum of \$4,000 prior to December 31, 2023.

3. What if I don't raise the minimum amount?

If the minimum of \$4,000 has not been achieved, it is the responsibility of the rider to work out a payment plan with CASA Mental Health in order to cover the remaining balance **prior** to December 31, 2023. If you require an extension on fundraising, please contact Ashley Cruz, Philanthropy Officer of Events, at 780-914-8156 or acruz@casaservices.org.

4. How are the funds used?

All ride expenses are covered through generous sponsorship so that 100% of each rider's fundraising initiative will go directly to CASA.

5. How do you register for the Minds Over Mountains Cycle Tour?

All registrations can be done online through the **Register For This Event** button on the [Minds Over Mountains Cycle Tour website](#). Upon registration, each rider will be able to set up their own online fundraising page where they can direct their donors to make online pledges. Each personal fundraising site will show how much each participant has raised and who has contributed as a donor.

6. How do donors find my personal page?

When individuals visit the [Minds Over Mountains Cycle Tour website](#), they can click on **Sponsor a Cyclist** button, where they will be able to choose any participant's name and make a donation to their ride. You can also send your personalized fundraising page link to your supporters so they can visit your page to make a donation.

7. Can my supporters receive tax receipts for their donations?

Yes, all rider supporters will receive a tax receipt for donations over \$20 upon payment completion. If required, donations can be made by cash or cheque. Appropriate forms for these will be provided upon request. Please note that tax receipts can only be made out to the name in which the money was donated from.

For example: If a business or corporation makes a donation and the payment was received from a company credit card or cheque, the tax receipt must be issued in the company's name. If the payment is received from an individual's personal account, the tax receipt must then be issued in the individual's name.

***** Please note that all cash or cheque pledges requiring tax receipts must include the full name and mailing address of the donor for the tax receipt to be processed.*****

Donations received without a full name and mailing address will not be issued.

8. I'm having difficulty logging onto my page and/or making changes. What should I do?

Please contact Ashley Cruz at 780-914-8156 or acruz@casaservices.org.

9. What is provided on the Tour?

Each cyclist and support team member will receive:

- All ground transportation from Edmonton to Calgary
- Accommodations (*based on double occupancy*)
 - Should anyone wish to stay in single occupancy or a different accommodation than what is provided, they will be responsible for their own costs.
 - Please note that single occupancy may not be possible in some locations.
- Meals and snacks

- An official tour jersey
- Support vehicles will be available to all cyclists and support team to return to Edmonton. Support team vehicle drivers will have their costs covered by CASA for the return trip but all other participants will be required to cover the cost of meals.

10. What should I bring on the Tour?

A complete suggested [Packing List](#) can be found on the [Minds Over Mountains Cycle Tour website](#) under the **Cyclist Resources** section or the **Resources** tab on your fundraising dashboard.

Riders must carry two water bottles and their favourite nutritional snacks with them each day. Electrolyte tablets are recommended and are the riders' responsibility along with their own nutritional snacks. Support vehicles will each carry additional water, along with fruit and some high protein snacks in the event there is an immediate need.

11. What type of bike is needed for this Tour?

Road bikes are required for this ride and cyclists are responsible for ensuring their bike is in top mechanical condition prior to the ride and at the beginning of each day en-route.

12. Where can I find a route map of the Tour?

Full route maps can be found on the **Cyclist Resources** section of the [Minds Over Mountains Cycle Tour website](#) or the **Resources** tab on your fundraising dashboard.

13. What if I am a new rider and wish to participate in the tour?

New riders to long distance tours can be connected with an experienced rider well in advance of the tour to answer any questions regarding training, clothing, nutrition, logistics, etc. New riders are also encouraged to participate in the weekly spring training rides in addition to their own training schedule.

14. Are there any additional resources provided before the tour?

Rider meetings will be scheduled in the months leading up to the tour so cyclists can meet others, discuss fundraising ideas, review accommodations and the route, learn more about CASA and get all questions answered.

15. Will there be any training sessions available?

Group training rides will get underway again in spring on Wednesday evenings and Sunday mornings, as weather permits. Once the spring schedule has been determined, all participants will receive an email with the scheduled training dates and any additional bike clinics that are offered.

It is highly recommended that you begin/continue other forms of training during the winter months such as strength training and indoor cycling.

16. Who do I contact if I have a question?

Ashley Cruz

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CASA Mental Health

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