



Make-A-Wish  
REVES D'ENFANTS

# 48 HEURES VÉLO

## WHAT TO EXPECT ON EVENT WEEKEND GUIDE

Please take the time to read this **WHAT TO EXPECT** guide. It is filled with schedules, meals, safety rules and much more.

Note: This information is subject to change to fit the needs of our participants and the event needs.



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# BEFORE COMING ONSITE MAKE SURE TO HAVE ON HAND:

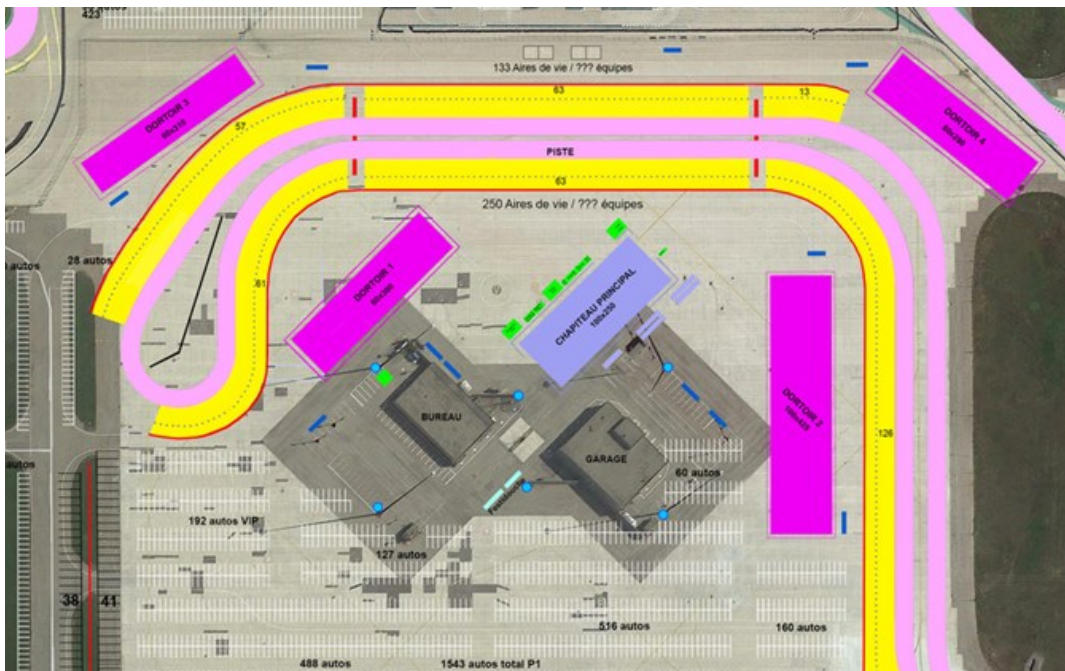
TEAM  
LIVING  
SPACE

DORMITORY  
TENT  
ASSIGNMENT

TEAM  
PHOTO  
TIME SLOT

All of this information will be found in the event app. Instructions to follow in the next few weeks. You must login to the app to see this personalized information.

## SITE MAP



### LEGEND

-  Team Living Areas
-  Dormitories
-  Track
-  Main Food Tent
-  Toilets/Showers

# SCHEDULE OF EVENT

FRIDAY  
SEPTEMBER  
22

TIME	DESCRIPTION OF EVENT	LOCATION
08h00 - 12h00	Registration of teams	Info tent in the village
08h00 - 20h00	Info booth open	Village
10h00 - 22h00	Cycles Cadieux - Bike Mechanics	Living Spaces
10h45	Information session for all captains	Main tent
11h50	Participants to starting line	ICAR Start Line Arch
12h00	Official start of the 15 <sup>th</sup> edition	ICAR Circuit
13h00 - 24h00	Snacks	Main tent
As of 14h00	Festidouche showers (until Sunday 14h)	Garage
16h00	Yoga class	Behind the Main tent
17h00 - 21h00	Hot dinner	Main tent

SATURDAY  
SEPTEMBER  
23

TIME	DESCRIPTION OF EVENT	LOCATION
00h00 - 24h00	Food	Main tent
07h00 - 22h00	Cycles Cadieux - Bike Mechanics	Living spaces 151–153
08h00 - 24h00	Massage Therapists	Office
09h00 - 17h00	Team Photos	Garage
09h00	Yoga class	Behind the Main tent
8h00 - 20h00	Infobooth open	Village
11h00 - 14h30	Hot lunch	Main tent
13h00 - 16h00	Children's Party	Village
16h00	Yoga class	Behind the Main tent
16h00 - 19h00	Hot dinner	Main tent
19h45 - 20h00	Special Presentation	Main tent
20h00 - 21h00	Mission Moment 8 to 9	Main tent

SUNDAY  
SEPTEMBER  
24

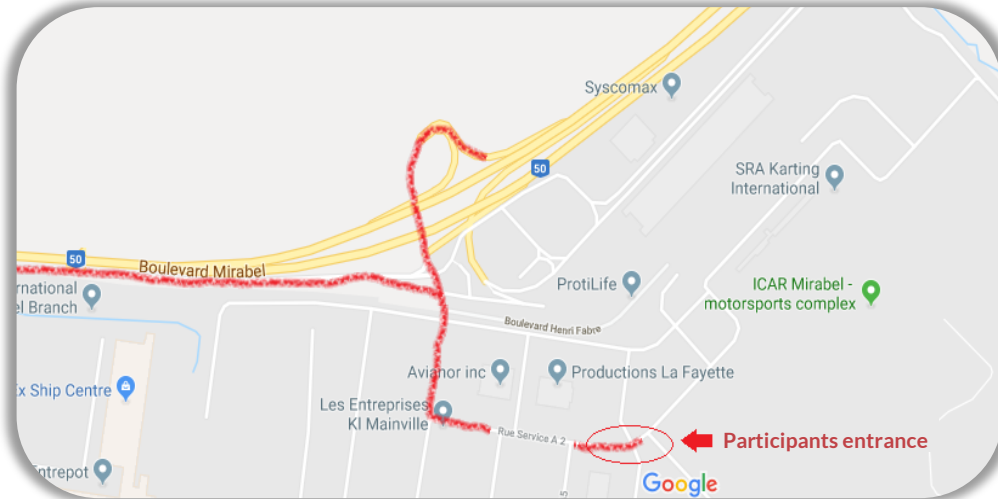
TIME	DESCRIPTION OF EVENT	LOCATION
00h00 - 11h00	Food	Main tent
07h00 - 13h00	Cycles Cadieux - Bike Mechanics	Living spaces 151–153
08h00 - 12h00	Massage Therapists	Office
09h00	Yoga class	Behind the Main tent
8h00 - 14h00	Infobooth	Village
12h40	Cheque presentation	Location to be announced onsite
12h50	Official event photo - all riders	Location to be announced onsite
12h55	Departure of the tour of honor	Location to be announced onsite
13h00	End of the 48-HOUR RIDE	



# DIRECTIONS

## EVENT VENUE ADDRESS

12600 Rue Services A-2, Mirabel, QC J7N 1E8



CLICK BELOW TO GET EXACT MAP LOCATION

YMX AÉROCITÉ DE  
MIRABEL—GUÉRITÉ ALPHA

## RVs and Trailers (UPDATED)

### Installation Times

Thursday September 21 - Between 5pm—11pm

Friday September 22 - As of 8am

- For Thursday installation please note that the gates will close at 11pm sharp, as there will be no security.
- If you arrive after 11pm Thursday, unfortunately we do not have access to re-open the gate. We suggest you park at the Walmart (approx. 15KM from the site) at: 1333, boulevard Michèle-Bohec, Blainville, QC, J7C 0M4
- **Note:** After 8am Friday September 22, you can come and go with your vehicle at all times.

### Rules

To have enough space for all people and vehicles:

- Your RVs and tent trailers will be stored in a row to maximize space
- You will not be able to open your awnings.
- You will not be able to use your air conditioner because it will turn off the circuit breaker.
- You will be responsible for disposing of your own trash. Please keep it with you or bring it to the main tent to find a trash can.

### To note this year:

- There is no access to water.
- You will have access to a 15 amp (120 volt) electrical outlet. You will need an extension cord of at least 100 feet to reach your electrical circuit.

# CHECKLIST

Fear not, we have prepared a list for you! It contains all the materials you need for an unforgettable weekend.



## TOP 10

- Your bike, helmet and front & rear light for bicycles
- Sunscreen
- Toiletries
- Basic first aid kit (*bandages, lozenges, orthoses ...*)
- Pop-up tent for your team living area (*maximum 10ft x 30ft*)  
*\*Don't forget ropes or turnbuckles to secure your tent to the cement blocks*
- Sleeping tent or recreational vehicle
- Extension cord 100 ft minimum (*1 per team*) for your Team Living Area
- Chairs and lounge furniture for your Team Living Area
- Reusable water bottle
- Sunglasses



## OTHER ITEMS NOT TO FORGET

- a reusable coffee mug
- bath towels
- sandals for shower
- a sleeping bag
- an inflatable mattress
- a pillow
- a blanket
- earplugs and eye mask
- an alarm
- a radiator/heator (*even if it is warm, for the humidity of the tent*)
- Extension cord 100ft minimum for RV
- power bars
- cell batteries and chargers
- tie wraps
- a raincoat
- spare laundry
- detergent or bar of soap
- spare shoes
- jacket with your team name (*if created*)
- a bib/shorts (*not required but recommended*)
- grease for bicycle chain, gears, rags, etc.
- yoga mat
- a portable BBQ (*living area only*)\*

*\*Any appliances using propane cannot be installed underneath the tents / pop ups.*

*\*\* For any propane appliance, please bring a fire extinguisher of type « 2A-10BC » to keep in proximity of your space.*

## PLEASE NOTE

- Drones are not permitted on the site, since we are located on an airport.
- The RV & Trailer area will have electricity. There will be a section with no electricity for those who can produce their own.



# MEAL MENU

Snacks and breakfast will always be available as of 1pm on Friday until Sunday at 11am.

## Friday night

Vol au Vent  
(Vegetarian option: Vegetable Tajine)

## Saturday lunch

Macaroni with Meat Sauce  
(Vegetarian option: Macaroni with Vegan Sauce)

## Saturday night

Marinated chicken breast with potatoes and veggies  
(Vegetarian option: Tofu & Veggie Sauté)

*Always accompanied by various salads, raw vegetables, cheese and desserts.*

# SUSTAINABILITY PLAN

Make-A-Wish® 48-HOUR RIDE is committed to help reduce the negative impacts on our environment and our community through a sustainable approach during the event. Please help us throughout the event by following the below:



**Styrofoam**  
**Utensils**



**Carton**  
**Paper**  
**Napkins**



**Beer cans**

To note: the coffee pods are collected by Keurig.



To help reduce waste on site, we will have again this year water stations to fill reusable water bottles. Remember to bring your reusable water bottle to enjoy fresh water with no environmental impact!

# CODE OF ETHICS FOR RIDERS



We are excited to welcome you back onsite this year. Here are some guidelines to respect to make this an enjoyable experience for all participants.

## GENERAL RULES

- Courtesy and sportsmanship are expected behaviors of all participants
- The captain is responsible for the cleanliness of the living areas assigned to their team
- Wearing the wristband is mandatory to have access to the food tent
- Alcoholic beverages may only be consumed inside the food tent

## ON THE TRACK

- Wearing a helmet is mandatory at all times on the track
- Reduce your speed in front of the living areas
- The left-hand lane is intended for the lead pack and for overtaking
- The right side of the track is reserved for casual cyclists
- When cycling as part of a pack, signal any last-second obstacles and avoid swerving or zigzagging
- Raise your arm to signal a slowdown when you have a flat tire
- Do not let go completely of the handlebars to drink or snack
- Do not throw anything along the track
- Animals are not permitted on the track

## AT NIGHT

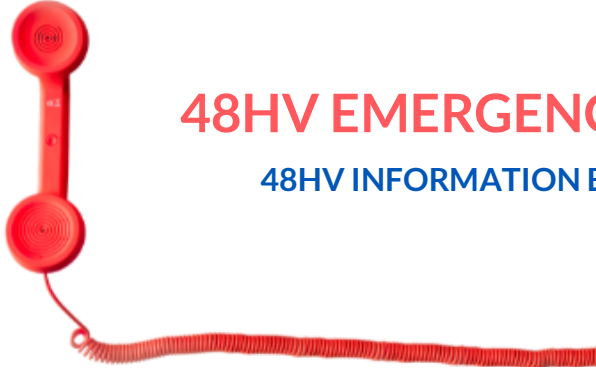
- Wear bright and reflective clothing
- Install a rear flashing reflector on your bike
- Respect the quiet time in the teams living areas (11pm-8am)
- No excessive drinking. If you have had a drink please do not ride.

## PLEASE NOTE

Make-A-Wish staff, security and a first aid team will be onsite at all time to monitor the event and be available in case of an emergency.

# CONTACT AND EMERGENCY NUMBERS

Save these numbers in your phone today. They will be active for the full duration of the event.



**48HV EMERGENCY LINE (514) 673-4800**

**48HV INFORMATION BOOTH—Open from 8 a.m.— 8 p.m. daily**

## EVENT APP

### To open the application:

1. In your web browser, type:  
[www.eventmobi.com/48HV2023](http://www.eventmobi.com/48HV2023)
2. Select the icon « share » at the bottom of your screen and click « add to home screen » **OR** click on « get application ».
3. You must log in to see your detailed information and access the group discussions.





# ONSITE MONEY POLICY

New this year, donations  
(*cash or cheque or credit card*)  
will only be accepted by staff  
members during info booth  
hours.

## INFOBOOTH HOURS

Friday September 22: 08h00 - 20h00

Saturday September 23: 08h00 - 20h00

Sunday September 24: 08h00 - 14h00

If you have any outstanding  
pledges, we strongly recommend  
completing the donation by  
paying over the phone, before  
coming onsite to avoid any  
discrepancies with your team  
fundraising totals.

Please call our Make-A-Wish  
office at (514) 488-9474, to pay  
your pledges over the phone  
before arriving onsite.

## FAQ

Have any questions still? Check out our FAQs.

Click the button of the area you need some more info on.

PARTICIPANTS AND  
TEAMS

DONATIONS

EVENT DAY

ON SITE  
ACCOMMODATIONS

# WAIVERS

## PHOTOGRAPHY/VIDEOGRAPHY

Participants in the Make-A-Wish Canada (MAWC) 48-HOUR RIDE grant MAWC the right to record and use footage/photographs of their name, voice and likeness and the name, voice and likeness of their children (if applicable), produced for promotional purposes, PROVIDED THAT such footage/photographs, including voice-overs, shall be used exclusively by MAWC for the promotion of this event or the MAWC itself.

## ALCOHOL

Consumption of alcohol at events is optional and a personal decision. By participating in this Event, participants agree that any alcoholic beverages they consume are their own choice and responsibility. Participants agree to drink responsibly and will not drive if they are intoxicated. Participants acknowledge that they alone are responsible for all of actions resulting from consuming alcohol and MAWC is in no way responsible. Alcohol consumption is only permitted for individuals 18 and older.

## CANNABIS REGULATIONS

All cannabis products brought to the Event must be sealed in SQDC packaging or from any other official government source and must have been purchased legally. Any cannabis products that do not conform to the law will not be accepted or allowed on site. Individuals may have up to 30 grams, the maximum quantity permitted by law. No sale or consumption of cannabis is allowed on the site. Participants acknowledge that they alone are responsible for all of actions resulting from cannabis use and MAWC is in no way responsible. Possession of cannabis is only permitted for individuals 21 and older.

## COVID-19 WARNING

An inherent risk of exposure to COVID-19 exists in any place where people gather. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Participants assume all risks, hazards, and dangers arising from or relating in any way to the risk of contracting COVID-19 or any other communicable disease or illness, whether occurring before, during, or after the Event, however caused or contracted, and voluntarily waive all claims and potential claims against MAWC relating to such risks.

## PERSONAL ITEMS

Participants will exercise responsibility in attending to and safeguarding all personal belongings. MAWC is not responsible for property that is lost, stolen, or damaged while in, on, or about the Event site.

## MASK FRIENDLY

Please note this is a mask friendly site. Please feel free to wear your mask at all times.

