

The Emanu-El Century Bike Ride/Run FAQs

Where can I get an entry form?

Registration can only be completed at the www.emanuelsf.org website.

Who is eligible to ride/run?

Riders and runners must be aged 16 years or older on the day of commencement of the ride with an exception for the Chai ride. Minors on the 18-mile ride must be accompanied by an adult. Each rider/runner must complete and sign the designated registration form.

What do I receive for my registration?

You will receive full support while you are taking part in the Emanu-El Century bike ride and run. This includes an Emanu-El jersey, food and drink at rest stops, access to a bike mechanic and technical assistance on the day of the event as well as a certificate of achievement at the end.

Conditions of Entry

The terms and conditions under which riders and runners agree to take part in the Emanu-El Century ride/run are set out on the website.

Is it a race?

No. The event is a ride/run to raise funds for Congregation Emanu-El. There are no prizes for getting there first and competition of any sort is actively discouraged.

How much does it cost?

To participate in The Emanu-El Century ride/run, every rider or runner must pay a registration fee of \$100 (with jersey) or \$50 (without jersey). This amount is non-refundable and must accompany the registration form. Rabbis Mintz and Bauer will be leading the events and are encouraging all adult riders and runners to raise as much money they can to help fund the congregation's programs in the areas of worship, education, community and social justice.

If I am unable to do the ride/run, can I transfer my place to someone else?

Yes, providing the person taking over your ride/run has signed all the requisite forms and agreed to the terms and conditions of the event.

What if I can't make the distance on the day?

On the event day a recovery vehicle will be provided if you can't make the full distance and you will be picked up and taken to the nearest rest stop. There is a medical team on the event if medical assistance is needed as well as a mobile workshop to provide assistance to any bike needing a repair.

What do I need to bring with me on the ride/run?

You should wear clothes appropriate for the weather on the day of the event and a helmet if you are riding. If you are riding you will also need to carry an ample supply of water a spare tube, tire levers and ideally a frame pump. Food and drinks will be available at the rest stops but you should bring energy gel, bars, etc. to supplement.

How do I find insurance to take part in the ride/run?

Congregation Emanu-El will use a portion of each rider's/runner's registration payment to cover insurance costs.

Can children ride on this event?

YES, but only on the Chai ride. Note that the 18-mile ride is appropriate for riders under the age of 16, as it will not cross the Golden Gate Bridge. Both the running events are too long for children to attempt.

What happens if it's raining?

Riders and runners should be prepared for all weather. The ride/run will keep going whatever the weather, unless there is a danger to entrants because of poor visibility or strong winds.

How safe is it?

At all times there is a lead vehicle at the head of the ride/run and a trail vehicle behind all the riders & runners. In addition there are other vehicles and volunteers alerting traffic to the presence of the ride/run. The event travels with a medical crew and a support team.

Is there a limit to the number of entries?

We have placed a limit of 100 participants for each of the events. Once that limit is reached we will place further names on a waiting list.

How hard is the ride/run? Will I make it?

This will be a challenging ride but if you are a moderately fit person there is no reason you will not be able to make it. Running can be quite a bit more challenging than riding especially when you plan to run 9-18 miles. If you aren't a serious runner you should consider riding instead.

What training should I do in preparation for riding?

We recommend you train responsibly over the months leading up to this event to ensure you can ride for up to 6 hours (100-km ride) or 2 hours (18-mile ride) on event day and to prepare your body for the ride. You should build up your fitness over 2-3 months starting with 10-20km rides until you can comfortably complete 60-100-km rides. You must drink enough fluids (before, during and after riding) as well as consume a good diet that provides you with a lot of energy. The ride/run organizers will provide water and an energy drink for all participants. You should also consider joining our training rides posted on the website. Feel free to contact Alec Dinner / alecdinner@gmail.com with your questions about the level of fitness required to participate in any part of the ride/run. You can view the routes on our website.

How good does my bicycle have to be for the Ride?

In addition to your own fitness you should make sure your bicycle is in good repair. It is important to have your bike serviced prior to starting in the ride and to ensure that it is suitable for long distance riding.

How do I get to and from the event?

Entrants are responsible for making their own way to the start of the event at Temple Emanu-El.

Can I volunteer for the support team?

The ride will need a number of volunteers leading up to the August 30 event and the actual day of! Contact Sandy Rechtschaffen for volunteer opportunities at sandyr@emanuelsf.org