

Information Sheet: Rest Stops

Rest Stop Lead: Kelsey Kaupp 289-783-9965

Arrival Times

- **Rest Stop #1 – Comfort Maple Rest Stop (WFCC)** 636 Metler Rd, Fenwick, ON L0S 1C0
 - 8:00am to 12:00pm *[for when the final 14K rider passes the rest stop]*
- **Rest Stop #2 – Portable Toilets Only** North Harold S. Bradshaw Memorial Park 510-590 Chantler Rd, Welland, ON L3B 5N8
- **Rest Stop #3 – 606 River Road**
 - 9:30am to 1:00pm

Rest Stop Attendants - General Instructions:

- Arrive at your station at the time listed above
- A tent and table will already be set up, **please bring your own chairs.**
- Organize and inspect the packages of food. ONLY OPEN AS NEEDED.
- Set-up water jugs on table with dispensers.
- Set-up garbage and recycling bags
- Keep water, food and snacks stocked and readily available.
- Give directions to washrooms
- If you see a rider in need, please offer to hold their bicycle.
- Give directions to continue route.
- Pick up all the garbage and keep the area clean.
- In case of a medical emergency **Call 911**. For minor first aid (i.e. Band-Aids) call the support vehicle as each has a first aid kit.
- Call **Kelsey Kaupp** if assistance is required - the appropriate crew will be sent out to help.
- Do not leave your post until sweep riders come through or you are relieved by someone else.
- The Support Crew will come pick up tables, unused supplies, and garbage. Our goal is to leave the area as we found it, or better.
- We encourage you to bring noise makers, whistles, signs, etc. to enhance your rest stop and motivate the riders as they come by

