Niagara's Big Move cancer ride

**2026 Information Sheet: Rest Stops**

**Rest Stop Leads: Brenda MacNeil & Ellen Shonewille**

- **Rest Stop #1 – North Pelham Park (WFCC)**
  - 1746 Cream St, Ridgeville, ON L0S 1C0
  - 9:00am to 12:30pm *[or when the final 14K rider passes the rest stop]*
- **Rest Stop #2 – Portable Toilets Only**
  - **Location: Willowbrook Nurseries**
  - Shipping & Receiving Entrance
  - 1000 Balfour Street, Fenwick ON L0S 1C0
- **Rest Stop #3 – 606 River Road**

**Rest Stop Attendants - General Instructions:**

- A tent and table will be set up when you arrive. **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) refer to your leads for access to the first aid kit.
- Connect with either one of your leads if assistance is required - the appropriate crew will be sent out to help.
- Do not leave your station until all riders have passed through the rest stop.
- The Station Leads will bring all tables, unused supplies, and garbage back to the main event site. Please help collect these items.
  - 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