Welcome to the V Foundation’s Victory Ride to Cure Cancer!

Thank you for being a part of this special event. To prepare for the event and to know what to expect before, during and after the ride, please read through this guide carefully, and email us at info@thevictoryride.org with any questions.
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Online Information at thevictoryride.org

FAQs | Fundraising Guide | Training Guide
REQUIRED FOR ALL RIDERS

☐ Photo I.D.
   You will not be able to check-in without your I.D.

☐ Helmet

FOR YOUR COMFORT

WEATHER REMINDER: The ride takes place rain or shine, so check the weather, and be prepared for any predicted inclement weather. Visit the ride day page of the website for more information.

☐ Before you leave home
   Check the weather, charge your phone and get your gear assembled the night before so you won’t have to rush to get to the event site on time.

☐ Bike maintenance
   Make sure your bicycle is in good working order before the ride. If you think you might need a tune-up or if it’s been over a year since your last tune-up, take your bike in at least a week before ride day.

☐ Cycling jersey
   A lightweight cycling jersey that wicks moisture is best. Avoid wearing a cotton shirt, as it will hold moisture and may become hot and heavy.

☐ Cycling shorts
   Padded cycling shorts minimize chafing and reduce discomfort from sitting on a bike saddle for an extended period.

☐ Gloves
   Short-finger or fingerless cycling gloves provide a good grip on the handlebars, absorb perspiration and help you avoid blisters.

☐ Cycling shoes and socks
   Dedicated cycling shoes are your best choice. Don’t wear shoes with soft bottoms because they are not built to withstand the pedal pressure from long-distance cycling.

   As for socks, avoid 100% cotton socks if possible, and instead opt for socks with moisture-wicking properties.

☐ Sunglasses and sunscreen

☐ Water bottle/back pack hydration system

PRE-RIDE SCHEDULE

RIDER PACKET PICK-UP
Please bring a photo I.D. It will be faster to pick up your packet prior to ride day. The rider packet includes an official Victory Ride to Cure Cancer bib and bike tag.

Thursday, August 26
4:00–7:00 p.m.
Inside-Out Sports
2002 Grisdale Ln, Cary, NC 27511

Riders can turn in final donations, complete check-in and pick up their rider bibs and bike tag at packet pick-up. Ride packets can also be picked up at the Victory Ride on August 28.

FUNDRAISING MINIMUMS

To participate in the Victory Ride live event, the fundraising minimum of $250 must be met by August 28. If you have not met your minimum, you will have the option to pay the balance with a credit card at packet pick-up or at the event if you wish to ride. Virtual riders do not have a fundraising minimum. Mailed donations must have been postmarked by August 15 to be included in final fundraising totals.
RIDE DAY SCHEDULE
SATURDAY, AUGUST 28

ARRIVAL TIME 100-MILE RIDERS:
Arrive at the site no later than 6:00 a.m. if you still need to check in. If you have already checked in, received your packet and are ready to ride, we recommend you arrive no later than 6:30 a.m. to park, check your gear and be at the start line on time.

ARRIVAL TIME 60-MILE, 30-MILE, & 10-MILE RIDERS:
Arrive at the site no later than 7:30 a.m. if you still need to check in. If you have already checked in, received your packet and are ready to ride, we recommend you arrive no later than 8:00 a.m. to park, check your gear and be at the start line on time.

WHERE TO GO UPON ARRIVAL
Arriving early will give you enough time to park, unload and check-in at the event site. Upon arrival, riders can take their bikes to bike parking, then proceed to check-in.

TOP FUNDRAISING TEAMS
If your team raises $10,000 by Wednesday, August 25, your team will receive a dedicated 10x10 tent in the festival site. This is a great place to meet up with your team before your ride and an excellent place to celebrate together after the ride.

BIKE STAGING AREA
Riders will be able to store any items in the bike staging area. The bike staging area will be secured by volunteers throughout the event and will only be accessible by riders in the event. Please leave valuables in the car or at home.

When to line up: 100-mile riders should be assembled and ready to ride by 6:45 a.m. 60-mile, 30-mile and 10-mile riders should be assembled and ready to ride by 8:15 a.m. Announcements will be made from the stage prompting riders of each group to line up.

6:45 A.M. WELCOME RIDERS
100-Mile

8:15 A.M. WELCOME RIDERS
60-Mile, 30-Mile and 10-Mile

Each wave will be released according to the schedule listed below.

• 7:00 A.M. - 100-mile Start
• 8:30 A.M. - 60-mile, 30-mile and 10-mile Ride Start

AFTER CROSSING THE FINISH LINE
You can park your bike in bike parking, then relax in the festival area with teammates and guests. All riders and their guests are invited to relax after the ride and enjoy food trucks, craft beer and live music at the festival area on NC State University’s Centennial Campus.

EVENT SITE ACTIVITIES BEFORE/AFTER THE RIDE
Before the start times, riders can…
• Meet-up with on-site bike techs
• Meet-up with your team
• Event site/start line photo opps

10:00 A.M.
Festival opens
Food & beverage tents open

Once you return from the route, you can pick up your Victory Ride finishers t-shirt, claim fundraising rewards, learn more about the local mission partners and enjoy free beer and a delicious meal.

Please note that the route will close at 3:00 p.m. There will be route support vehicles that can transport you to the next stop, if needed. Anyone who hasn’t completed the course by 3:00 p.m. may receive a lift back to the festival site.
SAFETY & RULES OF THE ROAD

Your safety is important! The Victory Ride staff and volunteers will create a safe route and cycling environment. To ensure your own safety and the safety of your fellow cyclists, please adhere to the following safety guidelines.

- The Victory Ride is not a race.
- All routes of the Victory Ride will be held on open roads or greenways. Motor traffic and other greenway users will be present, so always be aware of the vehicles, riders and pedestrians around you.
- Always wear a helmet when riding your bike—helmets are required at the Victory Ride.
- Obey all instructions from law enforcement and Victory Ride staff and volunteers.
- If you need to take or make a phone call or snap a photo, stop riding and pull over to the side of the road out of the way of other riders and drivers. Use of a phone while riding is strictly prohibited.
- Headphones, iPods and radios are not permitted while riding.
- Obey all traffic laws, signs and signals.
- Ride single file. Pass on the left only when it’s safe to do so.
- Ride with traffic on the right side of the road. Ride as far to the right as is safely possible, except when passing.
- Leave one bike length between you and the rider in front of you.
- Do not cross the yellow centerline regardless of the passing zone.
- Use verbal cues to communicate with other riders:
  - “On your left”
  - “Slowing”
  - “Stopping”
  - “Car back”
  - “Turning right” or “Turning left”
- Use hand cues to point out potential hazards in the road, like potholes and debris.
- Ride defensively. Never assume that a driver or another cyclist sees you.
- Always be courteous and respectful of other riders and the general public.

We will send additional ride day safety rules and regulations to all participants via email prior to event day. Thank you for helping us make safety a priority!

RIDER APP INFO

The Victory Ride is using Run Go. If you don’t have the app on your phone already, you can access it through your phone’s app store for free. It is available for iPhones and Android operating systems.

Routes are available online now on our routes page.
10-MILE ROUTE

The 10-mile route features forested riding, modest inclines and beautiful greenways. We’ll begin in the heart of NC State University’s Centennial Campus. We’ll head east through campus on the Centennial Bikeway Connector to the Walnut Creek Trail. There, we will follow the tree-lined Walnut Creek Greenway traveling through and around creeks and wooded trails until reaching the turnaround point at Walnut Creek Wetland Center, heading back toward campus for a post-ride celebration including food, drinks and music.
30-MILE ROUTE

The 30-mile route features forested riding, modest inclines and beautiful greenways. We’ll begin in the heart of NC State University’s Centennial Campus. We’ll head east through campus on the Centennial Bikeway Connector to the Walnut Creek Trail. There, we will follow the tree-lined Walnut Creek Greenway traveling through and around creeks, wooded trails, and the Neuse River Trail until reaching the turnaround point at Anderson Point Park, heading back toward campus for a post-ride celebration including food, drinks and music.
60-MILE ROUTE

The 60-mile route features forested riding, scenic farmland, modest inclines and beautiful old neighborhoods. We’ll begin in the heart of NC State University’s Centennial Campus. We’ll head south through campus toward Lake Johnson, where we will continue further south toward Lake Wheeler and past Historic Yates Mill. Riders will then complete a loop around Fuquay-Varina, passing through tree-lined country roads before tracking back toward Centennial Campus, traveling over Lake Johnson and heading back into campus for a post-ride celebration including food, drinks and music.
The 100-mile route features forested riding, scenic farmland, modest inclines and beautiful old neighborhoods. We’ll begin in the heart of NC State University’s Centennial Campus. We’ll head south through campus toward Lake Johnson, where we will continue further south toward Lake Wheeler and past Historic Yates Mill. Smooth uninterrupted roads in a country setting await riders as they pass tree-lined country roads of Cokesbury. Next, riders will enjoy beautiful views of Jordan Lake as they cross it multiple times throughout the ride. Tracking back after a big loop through multiple NC counties, we will cross over Harris Lake and begin the return trip through scenic Lochmere and Centennial Campus, traveling over Lake Johnson and heading back into campus for a post-ride celebration including food, drinks and music.
VIRTUAL RIDER INFO
Although not required, virtual riders are encouraged to come to the event celebration on ride day. Virtual riders can also pick up any fundraising rewards they have earned. Otherwise, fundraising rewards earned by virtual riders will be mailed shortly after the event.

VOLUNTEER INFO
Registered volunteers will receive a final volunteer assignment confirmation email approximately a week out from the event. This email will contain details regarding your volunteer role, shift assignment, parking details and any other special instructions related to your volunteer role. Please reach out directly to info@thevictoryride.org if you have any questions related to volunteering.

SPECTATOR INFO
Spectators are encouraged to come out and support the riders at the start/finish line and along the route. If you will be joining us at the event site as a spectator, please refer to the map on page 5 of this guide and park in the appropriate parking garage.

HOTEL ACCOMMODATIONS
Out-of-town riders can reserve hotel rooms at the Marriott’s StateView Hotel and Aloft Raleigh in Raleigh.

WEATHER INFO & EVENT CANCELLATION
Safety is our number one priority: therefore, we reserve the right to delay or cancel the event if for any reason we fear for the safety of ride participants. In the case of event cancellation, no refunds will be issued.
THANK YOU

Thank you for going the distance in the fight against cancer. The 2021 Victory Ride is your opportunity to be part of something big. 
Together we will achieve Victory Over Cancer®!

The V Foundation funds research at world-class facilities where critical discoveries about cancer are made. 100% of rider-raised funds from the Victory Ride to Cure Cancer presented by Braswell Family Farms benefits Duke Cancer Institute, UNC Lineberger Comprehensive Cancer Center and the Wake Forest Baptist Heath Comprehensive Center, as well as breakthrough cancer research nationwide.

VICTORY RIDE
TO CURE CANCER • V FOUNDATION
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Victory Over Cancer