



## 10<sup>TH</sup> ANNUAL UNITEDHEALTHCARE CHILDREN'S FOUNDATION CENTURY RIDE

Sunday, July 25, 2021

Starts and ends at Optum Headquarters

11000 Optum Circle, Eden Prairie, MN 55344

Free parking available | All riders welcome

**Q: IS THERE A REGISTRATION FEE TO SIGN UP FOR THE EVENT?**

**A:** Yes, \$100 for in-person riders and \$50 for virtual riders. Fees are non-refundable. If you can no longer attend the event, you may request your registration fee be counted as a donation and request a letter for your taxes. All funds raised benefit medical grants for kids.

**Q: DO I HAVE TO RAISE MONEY?**

**A:** Each in-person riders agrees to fundraise a minimum of \$1,000 at the time of registration. If you are unable to raise the full amount by July 18, 2021, the credit card you registered with will be charged the remaining balance. Riders part of a corporate sponsorship team are not required to fundraise. Virtual riders do not have a minimum fundraising amount but are encouraged to fundraise.

**Q: WHAT IS A LAUNCH BOX?**

**A:** A launch box is filled with high quality appreciation gifts for all in-person cyclists committing to the \$1,000 fundraising minimum.

Note: Since virtual riders do not have a fundraising minimum, to be eligible to receive a launch box, the minimum of \$1,000 is required.

**Q: WHEN WILL I RECEIVE MY LAUNCH BOX?**

**A:** All in-person riders who are registered by June 1, 2021, and any virtual riders who have raised \$1,000, will receive their launch box prior to the ride. All in-person riders who register and virtual riders that raise \$1,000 after June 1, 2021, will receive their launch box after the ride.



## Q: DO ALL CYCLISTS GET A JERSEY?

**A:** Only in-person cyclists who register before June 1, 2021, will receive a jersey. Virtual cyclists who raise \$250 or more by June 1, 2021, will receive a jersey. Jerseys will be mailed directly from Borah, our jersey vendor. All riders are encouraged to wear it during the event.

## Q: WHAT'S A VIRTUAL CYCLIST?

**A:** Virtual cyclists are those who cannot attend the in-person event, but still want to participate and support UHCCF.

## Q: IF I'M A VIRTUAL CYCLIST, HOW MANY MILES DO I NEED TO RIDE?

**A:** We encourage you to ride the full 62 or 100 miles at a time, place, and pace of your choice. If you're part of a team to collect the most miles, you can ride on either July 24 or 25. All miles must be logged on RaceJoy.

## Q: CAN I BRING MY PET?

**A:** No, doggone it. Unfortunately, pets are not allowed on the Optum Campus.

## Q: HOW ARE THE ROADS MARKED?

**A:** Roads are marked with color-coded arrows that indicate the route and tricky intersections. When in doubt, go straight unless marked. Also look for strategically placed directional signs along the route. Please reference the .gpx file for directions prior to the ride. The RaceJoy app which in-person cyclists will use also provides turn-by-turn directions but should be used as a last resort.

## Q: WHAT IS RACEJOY?

**A:** RaceJoy is a mobile app that uses real-time GPS tracking of your phone to communicate your location and speed to the ride organizers and spectators. For a safety perspective, ride organizers can see where everyone is at any time. It also allows for spectators to engage with you during your ride. Groups of riders traveling in from out of state can have their rides tracked real time by friends anywhere in the nation. You must carry your phone to take advantage of RaceJoy's features.

## Q: DO I HAVE TO USE RACEJOY?

**A:** We highly recommend that you do. By using RaceJoy, event organizers will be alerted and can intervene if you veer off course or are idle for some time. You'll also be able to receive alerts from event organizers, track miles easily, and get to experience all the fun the app provides.

## Q: WHAT IS AVAILABLE AT THE REST STOPS?

**A:** Rest stops include food, drinks, restrooms, cell phone charging stations, and basic items to assist cyclists (bike pumps, flat repair kits). There are six rest stops each 20 miles apart along the 100-mile route, four of which are shared with the 62-mile route. Visit each one to meet our great staff and sponsors.

## Q: WILL THERE BE A PLACE FOR ME TO CHANGE BEFORE/AFTER THE RIDE?

**A:** Yes. Changing rooms and executive bathrooms are at the start/finish line area.

# FREQUENTLY ASKED QUESTIONS



## Q: WHAT SHOULD I CARRY ON THE RIDE?

**A:** Pride and determination. Besides that, a tire repair kit, spare tubes, two water bottles, snacks, I.D., medical insurance card, and an emergency contact number. Wear layers appropriate for the weather. Remember to drink before you feel thirsty and eat before you feel hungry.

## Q: DO I HAVE TO WEAR A HELMET TO PARTICIPATE?

**A:** Yes. For your safety and liability concerns, helmets are required. Don't worry, we'll all have helmet hair afterwards.

## Q: DO I NEED A SPECIFIC KIND OF BICYCLE?

**A:** No. If it has two wheels and pedals, you're good to go. This is a long-distance event, so you'll want to make sure you and your bike are in good condition.

## Q: WHAT IS SAG?

**A:** Our Support and Gear (SAG) vehicles are all along the route to offer help when you need it. Each has tubes, pumps, medical supplies, and can even bring you and your bike back to the start, if needed. If you don't see one when you need it, call Paruj at 763-478-1406 and he will help you find the one closest to you.

## Q: WILL THERE BE A BICYCLE REPAIR PERSON AVAILABLE?

**A:** If you have a bike break down during the ride and are not able to fix on your own, you should call Paruj at 763-478-1406 and he will have the closest SAG support or mechanic come to where you are located to help repair your bike or bring you and the bike back to the start.

## Q: IF I'M A UNITEDHEALTH GROUP, UNITEDHEALTHCARE, OR OPTUM EMPLOYEE, CAN I USE MY COMPANY MATCH TOWARDS MY FUNDRAISING MINIMUM?

**A:** Yes! And we encourage you to do so.

## Q: IF I'M A UNITEDHEALTH GROUP, UNITEDHEALTHCARE, OR OPTUM EMPLOYEE, HOW DO I SUBMIT MY MATCH REQUEST?

**A:** Use the "Request a Match" tool at [giving.uhg.com](http://giving.uhg.com). Then, enter the organization and submit a receipt as proof of your donation. In the "Comments to Charity" field, please type in "Century Ride." After submitting, an administrator will review and confirm it, or ask for more information. Please also contact Thanh Christianson at [thanh\\_t\\_christianson@uhg.com](mailto:thanh_t_christianson@uhg.com) with documentation to have the amount credited to your fundraising amount. Questions? Contact [giving@uhg.com](mailto:giving@uhg.com).

## Q: ARE THERE VOLUNTEER OPPORTUNITIES?

**A:** Yes. Many volunteer opportunities are available for those 16 years old or older. To volunteer, contact Wendy Wirz at [wendy.wirz@uhc.com](mailto:wendy.wirz@uhc.com).