



## *Emigrant Trails Bike Trek FAQ's*

### **Is there a fee to ride?**

Yes, there is a \$35 fee. The minimum donation amount for the ride is \$450, not including the registration fee. Please note the minimum donation fee is due by August 28, 2009. There are fundraising incentives available. The more you raise, the more you receive!

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### **How do I register?**

You can **register online** using a credit card. If you'd like to register off-line, please call us at 408-998-5865.

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### **What happens after I register?**

Once you register, you will receive a welcome packet in the mail at the address you registered with. This packet will contain your Trekker Number and tools to help you start fundraising. You can also create a Personal Trekker online fundraising page after registering online via the links on : <http://www.lungsrus.org/Events/emigrantrails.html>.

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### **How do I turn in my donations?**

If you receive offline donations (donations not received through over the internet), please stop by or send them in to our office at:

Breathe California of the Bay Area  
1469 Park Ave.  
San Jose, CA 95126

Please submit your donations as you receive them. Offline donations will not show on your progress page until we enter them here at the office. Be sure to include your name and/or Trekker number somewhere on the donations.

In addition, if possible, please do not mail cash.

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### **Where will the event take place?**

You will start out at the Napa County Fairgrounds on Friday, September 11th and enjoy a day ride in Napa Valley. On Saturday, September 12th, you will enjoy a different day ride loop that will bring you back to the Fairgrounds for your second night of camping. On Sunday, September 13th, you will have another good day ride and return to the Fairgrounds for a delicious BBQ. Each day will have different route options of varying difficulty to choose from.

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### **What is the minimum age to ride?**

Minors under the age of 18 must be accompanied by a parent or guardian. Minimum age to participate is 13.



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### **What is a team?**

A team consists of 5 or more people. It can be your friends, family or co-workers. Each team has a Team Captain, who is invited to 3 free Team Captain Breakfasts, receives a team photo, and more. (See the Team section in the Trekker Handbook or the Team Captain's Handbook for more information). If you are interested in creating a team, you can either indicate it on your registration form when you register, or contact Helen Spangler at 408 998-5865 or [helen@lungsrus.org](mailto:helen@lungsrus.org).

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### **What level rider does this ride have?**

The ETBT has all levels of cyclists, from beginning to advanced. Each day on the ride there will be route options to choose from that vary in difficulty. Closer to the ride, route maps will be posted online to help you decide which route you want to take each day.

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### **How many miles will I be riding?**

Full routes, including elevation information will be posted soon.

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### **Do I have to wear a helmet?**

In accordance with safety and the law, you are required to wear a helmet while riding as a part of the ETBT.

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### **What type of bike should I bring?**

Since most of the event takes place on paved road, we recommend a road bike.

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### **Is this a race?**

This ride is definitely **not** a race. You can take the ride as quickly or as slowly as you would like.

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### **What kind of support will there be on the road?**

The ETBT is very well supported. We have several SAG (Support and Gear) vehicles riding the route the whole time you are on the road to help you if you have problems with your bike or need a ride to the next stop or back in to camp. There will also be fully stocked Rest Stops every 10-15 miles to help you re-fuel. In addition there are Bike Mechanics available to help with any additional bike problems you may have.

The route is also supported by American Medical Response, a Communications Team, and the CHP.



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### **What time should I arrive at the event on September 11th?**

Registration usually takes place between 8:00 a.m. - 9:00 a.m. with take-off starting around 9:00 a.m.

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### **Can I bring an RV?**

This year we are allowing you to bring an RV. The RV Park is located in the Fairgrounds. However, you are responsible for the additional cost and making your own reservations. The number for the Napa County Fair RV Park is (707) 942-5221.

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### **Can I stay off-site?**

Yes, if you do not want to camp, you can stay elsewhere, but you are responsible for arranging your own outside lodging. (See [alternative lodging list](#)). For liability purposes, even if you are staying elsewhere we require that you come check in and out of camp with the Trekker Check-In when you go out on the route in the morning and finish in the afternoon.

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### **Can I bring a guest?**

Yes, you can bring a guest, but they are not allowed to ride as a part of the Trek for liability reasons. Please refer to our [Camp Guest Policy](#) for more information. Camp Guest registrations are due no later than August 28, 2009.

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### **What if I need to leave early/arrive late?**

If you need to arrive to the Trek late or leave the Trek early, please make sure to check in or out with Trek Central (the main information hub on the Trek) so they know whether or not you will be cycling that day for liability purposes. Breathe California does not provide rides back and forth between the Trek start and campground, so please plan ahead for your transportation.

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### **What if I find out I can't go on the Trek?**

If you find out that you can't go on the Trek, please notify Breathe California as soon as possible, so that we can have an accurate number count. Please note that registration fees and donations are non-refundable.

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### **Still have questions?**

If your questions were not answered, contact Helen at 408 998-5865 or [helen@lungsrus.org](mailto:helen@lungsrus.org).