



FREQUENTLY ASKED QUESTIONS

CAN ANYONE RIDE AT GABR?

Yes! As long as you can ride safely on a full-size spin bike, register on a GABR team today to join us.

CAN I REGISTER MYSELF?

Yes. The team captain is responsible for creating the team. Individual riders need to register themselves by joining the team.

WHO IS RESPONSIBLE FOR FUNDRAISING ON A TEAM?

Everyone is responsible for fundraising. The suggested fundraising goal per rider is \$100.

HOW MANY RIDERS ARE ALLOWED PER TEAM?

There is no limit to how many people can be on a team. Each team can also have virtual participants who want to be a part of the event and fundraise, but who cannot or do not want to ride. There are 8 heats so if you have more than 8 riders we will give you another bike or two.

WHAT IS A VIRTUAL PARTICIPANT?

Virtual participants can join the GABR fun from anywhere but won't be expected to ride or be present at our in-person event. The suggested fundraising goal for virtual and in-person participants is \$100. Virtual participants can create their own mileage and activity goals to engage their team members and donors.

CAN ANYONE FUNDRAISE OR DONATE TO A RIDER, EVEN IF THEY ARE NOT RIDING?

Yes! We encourage you to ask your friends and family to support your team with a gift. After you register, you'll automatically get your own personal fundraising page. In addition, we'll send you a toolkit filled with tips and tricks to help you meet your goal.

CAN YOU HAVE MORE THAN ONE TEAM?

Yes, the team captain can register for more than one team. You'll need to use a different email address and follow the same online registration process for each team you create.

WHAT ARE COMPETITIVE VS. NON-COMPETITIVE TEAMS?

Teams choose to participate as a competitive or non-competitive team when they register online. Competitive teams will be set up next to each other during the race and compete for bragging rights for most miles as a team. Non-competitive teams will record their best personal times just for fun.

HOW ARE RIDER HEAT TIMES ASSIGNED?

GABR officials will assign heats as miles are recorded during the event. The team captain should still manage the rider schedule to ensure coverage for every heat, but will not assign heats on the registration site, as in previous years.

HOW DO I VOLUNTEER?

We have an online volunteer platform that allows you to sign up for the volunteer position you want. Visit gabr.sanfordhealth.org to review all positions and register as a volunteer today!

HOW ARE GABR FUNDS USED?

100% of every dollar raised for GABR through the Sanford Health Foundation will benefit the thousands of infants, children and teens who count on Sanford Children's Hospital and clinics across the Bismarck region every year. Funds will stay local to support:

- Direct assistance for qualifying kids in our community through the GABR Children's and GABR Legacy funds
- Programs and services like Child Life
- Lifesaving medical equipment
- Specialized staff education and training, and so much more!

WHY IS SUPPORTING SANFORD CHILDREN'S IMPORTANT?

This year, more than 5,000 infants, kids and teens—from across central and western North Dakota, and parts of Montana and South Dakota—will count on Sanford Children's Hospital and clinics.

Whatever brings a child through our doors—whether it's cerebral palsy, pediatric cancer, severe trauma or another devastating diagnosis or injury—your generosity helps provide the highest level of care, close to home. 100% of every dollar raised for GABR fuels everything from lifesaving pediatric equipment to priceless services like Child Life and meaningful details that wouldn't otherwise be possible.



For more information and to register, please visit: gabr.sanfordhealth.org