



FREQUENTLY ASKED QUESTIONS

CAN ANYONE RIDE AT GABR?

Yes! As long as you can ride safely on a full-size spin bike, you can participate. 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?

GABR is an event to benefit local kids, so we need every participant to fundraise. The more you raise, the greater the impact -- plus, you'll qualify for great incentives! See our website for details on early registration and fundraising incentives.

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! They aren't expected to ride or be present at our in-person event, but they are still expected to fundraise. 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.

HOW ARE RIDER HEAT TIMES ASSIGNED?

Work with your captain to decide who on your team will ride each heat. There are 8 heats total, and each heat is 20 minutes long. See below for start times.

- 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 11:00am, 11:30am, 12:00pm, 12:30pm

IS GABR A COMPETITIVE EVENT?

Yes and no! GABR is first and foremost a family friendly fundraising event benefiting Sanford Children's in Bismarck. Cycling at GABR looks a little different for everyone – you can challenge yourself or just come to have a good time, but performance is not officially tracked. We encourage friendly competition in fundraising! Check out the leader board at the bottom of the homepage.

HOW DO I VOLUNTEER?

Email Kortney More at the Sanford Health Foundation if you are interested in volunteering for the event.

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 to meaningful details that wouldn't otherwise be possible.



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