

PARADISE *Ride Kaua`i 2010*

cycle for life - August 7-8, 2010

Frequently Asked Questions

Chances are the answer to yours is here!

Q: Who produces and benefits from the event?

A: The PARADISE RIDE KAUA`I is a production of Malama Pono, Kaua`i AIDS Project and its' dedicated project volunteers. Malama Pono serves the island of Kaua`i and is a 501(c)(3) non-profit charitable organization. Representing the frontline in Kaua`i's fight against AIDS, Malama Pono provides a full range of services to their island community, including HIV prevention and educational programs, as well as Case Management and support for their HIV positive clients and families. We are also educating and testing for infectious Hepatitis.

Q: What percentage of the money raised actually goes to the AIDS Programs?

A: 2010 will be the 5th year that Malama Pono will be hosting this ride exclusively. After careful review of previous ride participation and logistical research for such a project, it is concluded that after the direct expenses of the ride are paid, approximately 90% is expected to support the AIDS/HIV prevention, education and client services programs of Malama Pono. 10% supports the co-morbidities of viral infectious Hepatitis and STD programs. The Paradise Ride Kaua`i is 100% developed, operated and managed by volunteers, friends and the staff of Malama Pono.

Q: How many miles is the ride?

A: Each day the route averages 55 'Kaua`i Miles'. The total mileage for the 2 days will be approximately 110 miles. However, there are several shorter options to accommodate all types of cyclists in our "design your ride" approach.

Q: What is the terrain like?

A: The terrain varies, ranging from flat to moderately hilly. The roadways and shoulders are paved and the routes will take us both inland and along the coastline of the "The Garden Island". The views are breathtakingly beautiful.

Q: What is the weather like?

A: The weather is always perfect! In August, during ride time, temperatures range from 75-85 degrees. Typically, August is dry and sunny with occasional light showers. The island trade winds make even the hottest days bearable. Sunscreen is a definite must!

Q: What kinds of bicycles are best?

A: Generally, road bikes, hybrid and touring bikes with a high gear ratio are best because they are lightweight and are best suited to handle the

frequent climbs. We also know of a recumbent bike and many who ride our island roads on mountain bikes performing well with good core training

Q: What is the age range of participants?

A: Judging from past interest, the average riding age is generally between 25 and 45 years. Remember, *fitness* is key. Keep in mind that this is an experience and not a race. Should you choose to challenge yourself however, we simply ask that all road rules be followed and kind consideration to your fellow riders is practiced.

Q: What if I can't finish a segment?

A: Each day's route is well supported by event crew, including bicycle technicians and medical support people. A ride for you and your bicycle is always available.

Q: What do I need to bring with me?

A: Riders are responsible for bringing their bicycle, two spare tubes, patch kit, pump, water bottles, and a helmet plus, of course, personal clothing, medicines, and hygiene products). The Paradise Ride Kaua'i will provide meals, snacks, water and sport drinks during the event.

Q: Are there convenient near-by accommodations?

A: Paradise Ride Kauai 2010 has made special rate arrangements with **Kauai Palms Hotel**. (See their web site at www.KauaiPalmsHotel.com and request "code #25" and mention Paradise Ride Kauai when making your reservation.)

Q: What are riders responsible for?

A: Riders must complete and submit registration form and fee by or before the appropriate deadline:

- \$49 ****EARLY**** Registration fee is registering through (and including) April 1, 2010 with a commitment of \$250 in fundraising
- \$99 Registration fee if registering between April 2, 2010-August 6, 2010 with a commitment of \$250 fundraising
- A photocopy of a picture identification and medical/health insurance card is required by or before rider check in on August 6, 2010
- Riders are responsible for their own transportation to and from Headquarters

Q: Will our bikes be assembled for us if we are traveling from another island or state?

A: No. Because there will not be 'bike corrals' designated for this event, riders are to report to the ride with their bicycles assembled and ready for the event each morning. Bike techs will be available for assistance and minor adjustments before and during the ride.

If any question or concern about Paradise Ride Kaua`i has not been addressed in these FAQs, please feel free to reach our helpful ride coordinator (email: Questions@ParadiseRideKauai.com) or call Malama Pono at 808 246-9577.