



How to Ruff Ride? **#SpinCuddleRepeat**

What?

[Mission] Your team is tasked with taking turns to keep your assigned bike spinning for 24 consecutive hours. Part festival, part competition, Ruff Ride is ALL fun. Battle the other teams and rock out to the DJ for the entire event. Competitions, spin classes, games, food, and oh yeah.... DOGS make Ruff Ride like nothing you've ever seen.

Who?

[Personnel] You must have at least 6 but may have up to as many riders on your team as you want. Your team can be 5 or 50 riders. Teammates can ride for 10 minutes or 10 hours. Each rider may ride as little or as much as your team decides. Your team is encouraged to bring a 10x10 pop-up tent to keep you comfortable for the long haul, but stay as little or as long as you want. This is like Woodstock or a Tailgate... but with spin bikes.

The first person to register the team is automatically serves as team captain. There are individual and team fundraising minimums.

When?

[Time Hack] Ruff Ride starts at noon on Saturday, June 4 and finishes at noon on Sunday, June 5.

Where?

[Coordinates] Lincoln Financial Field (Headhouse Plaza). This is the main entrance from Lot K. Address: [One Lincoln Financial Field Way, Philadelphia, PA 19148](https://www.lincolnturf.com/venue).

Mission Support:

Ruff Ride is more than just spinning. We offer live scoreboards to track your progress, games and competitions to keep you engaged, music to entertain you and more dogs than you can pet at one time.

Sponsors:

[Get in the Fight]

Team Foster offers a wide variety of sponsorship options? Interested in something you don't see listed here? Contact us and we will work your company to make it happen.

PRO TIP: TENT

Every team is encouraged to bring a pop-up tent. You'll get your own area to rest, congregate and get out of the elements. Bring your own tables, chairs, hammocks, coolers or whatever you need to keep your team going for the event. Does your org or biz want to bring a branded tent? Go for it! Only a couple of rules:

1. Tents must be weighted down. No staking will be available. Please bring weights to keep the corner of the tent weighted down,
2. Tents should be no larger than 10x10.

PRO TIP: EQUIPMENT (what to pack)

1. **Layers. And a change of clothes.** Temps this time of year vary wildly from day to night. Plus, you'll be riding and likely sweating a bit (or a lot).
2. **Padded Shorts.** Planning to spend some serious time in the saddle? Grab some bike shorts. You'll thank us later.
3. **Water bottle.** We'll offer water jugs for refills. Other drinks will be available for purchase.
4. **Tent.** Each team may bring one tent up to 10x10.
5. **All the fixings.** Chairs. Cooler. Cots. Whatever to make your team area comfortable for the long haul.
6. **Phone.** To share, take selfies, (recruit more peeps?) and show the world you took on Ruff Ride!

PRO TIP: SCHEDULING

Your team is responsible for who and when riders are on the bike. Our suggestion? If possible, have 2-3 people 'assigned' to blocks of 2-3 hours. This way, riders are able to rotate frequently. In the past, teams have had success using a google sheet for teammates to select times they want to ride.

Teammates can register at: TeamFoster.org/RuffRidePhilly

PRO TIP: PARKING

Parking is FREE at The Linc in Lot K.

PRO TIP: TACTICS

Your team who rides and when. Our recommendation? Have 2-3 people 'assigned' to blocks of 2-3 hours. This way, riders are able to rotate frequently for shorter, more social rides. In the past, teams have had success using a google sheet for teammates to select times they want to ride.

Can I check-in for another rider?

- Sure! Just make sure you have some form of photo identification of the person you are picking up for. A photo of ID works!

Do I have to ride all 24 hours?

- This is a TEAM challenge. Each team member can ride for as long/short as you decide. Ride for 5 minutes or 5 hours, the choice is yours!

Do I have to stay all 24 hours?

- No. But you might want to! Once you feel the vibe, you're not going to want to leave. Come prepared. Coolers. Sleeping gear. Change of clothes.

Do I need spin shoes?

- No. The pedals of toe cages and SPD-style clips. Either will work!

I am unable to attend the event. Can my items be mailed to me?

- Unfortunately, we do not mail race items post-event. Thank you for understanding.

Can I transfer or switch my registration to another person?

- No. Registration(s) are non-transferable.

I can't ride this year but I want to be involved, how can I help?

- Volunteer! We are always looking for helpful volunteers at all of our events. Contact us by email: us@teamfoster.org or go to the registration page to sign-up as part of the Volunteer Army.

What time does check-in open?

- Check in will be across the entire 24 hours. The event will be open for you to arrive beginning at 11:00am on June 4, 2022.

Where do I park?

Parking is free at Lot K at Lincoln Financial Field.

Are there bathrooms?

Yes, there will be multiple indoor facilities available on-site.

Is there a fundraising requirement?

- Each team has a minimum fundraising goal of \$2,000. Team Captains will be given the opportunity to distribute donations amongst their team members as needed. Each rider is responsible to raise at least \$75.



How do I become a VIP?

- Teams who raise at least \$5,000 and individuals who raise at least \$500 will get VIP access, which earns extra perks!

What should I wear?

- We encourage all participants to wear comfortable, active clothing and shoes. Padded cycling shorts are encouraged. You can wear sneakers. You do not need cycling shoes, but cycling shoes with SPD clips are permitted. Bike shorts/pants are encouraged. Be mindful of the weather – this is an outdoor event. Riders will have a tent over the bikes for shelter, but temps may be much cooler at night and or very warm during the day. Packing a change of clothes is never a bad idea!
- Bike/padded shorts
- Temperature appropriate, comfortable clothing for activities
- Sneakers (may bring cycling shoes with SPD clips)

What if the weather is no good?

- This a rain or shine event!!! All riders will be under tents. In the event of inclement weather, dress accordingly! You can also bring your own EZ up type of tent, NO larger than 10x10.

Can I bring food and drinks?

- Yes, feel free to pack some grub and a team cooler!

Can I bring a dog friend?

- Dogs are not permitted by the venue, but we encourage people to be thoughtful and considerate before bringing their animals. There may be a number of service dogs and service-dogs-in-training at the event.

How do I make a donation to an individual or team?

- Go [here](#).

Is this donation tax deductible?

- Team Foster is a 501(c)3 tax-exempt organization and your donation is tax-deductible within the guidelines of U.S. law.

Join the Facebook Event for Ruff Ride Philly to follow live updates and to see upcoming pre-Ruff Ride event.